



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Krahn, Daniel

Club: SAAF Friedeburg
Number: 715

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:51

Speed: 12.04 km/h
Running performance: 4:40 min/km

Rank in course/Total: 39 (of 193)

Rank in course/Men: 34 (of 136)

Best time in course: 33:44

Rank in category: 4(of 13)

Best time in the category: 40:21

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Loddenke	6.30	31:45	5:02	5	3:27	37	8:45	6.30	31:45	5:02	5	3:27	37	8:45
Ilseburg/Markt	3.30	13:06	3:58	3	1:03	24	2:49	9.60	44:51	4:40	4	4:30	34	11:07