



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Kramer, Christian

Club: SC Vienenburg
Number: 763

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 45:00

Speed: 12.00 km/h
Running performance: 4:41 min/km

Rank in course/Total: 40 (of 193)

Rank in course/Men: 35 (of 136)

Best time in course: 33:44

Rank in category: 7(of 19)

Best time in the category: 34:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	6.30	31:42	5:01	8	7:28	35	8:42	6.30	31:42	5:01	8	7:28	35	8:42
Ilseburg/Markt	3.30	13:18	4:01	4	3:01	27	3:01	9.60	45:00	4:41	7	10:29	35	11:16