



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

**Berndt, Tommy**

Club: Hamburg  
Number: 695

Course: 9.60 km  
9,6 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 45:00

Speed: 12.80 km/h  
Running performance: 4:41 min/km

Rank in course/Total: 41 (of 193)

Rank in course/Men: 35 (of 136)

Best time in course: 33:44

Rank in category: 10(of 18)

Best time in the category: 33:44

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	32:09	5:06	11	9:09	41	9:09	6.30	32:09	5:06	11	9:09	41	9:09
Ilseburg/Markt	3.30	12:51	3:53	9	2:34	15	2:34	9.60	45:00	4:41	10	11:16	35	11:16