



46. Brockenlauf  
Ilseburg / 03.09.2016

### Detailed evaluation

Thomas, Axel

Club: SV Kollerbeck  
Number: 836

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 45:07

Speed: 11.97 km/h  
Running performance: 4:42 min/km

Rank in course/Total: 42 (of 193)

Rank in course/Men: 37 (of 136)

Best time in course: 33:44

Rank in category: 5(of 13)

Best time in the category: 40:21

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
						Pos Men	Behind Men	Total km	Total Time					Total min/km
Loddenke	6.30	31:17	4:57	4	2:59	32	8:17	6.30	31:17	4:57	4	2:59	32	8:17
Ilseburg/Markt	3.30	13:50	4:11	5	1:47	44	3:33	9.60	45:07	4:41	5	4:46	37	11:23