



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Treulieb, Marco

Club: Citybootcamp Harz
Number: 702

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 46:03

Speed: 12.51 km/h
Running performance: 4:48 min/km

Rank in course/Total: 49 (of 193)

Rank in course/Men: 43 (of 136)

Best time in course: 33:44

Rank in category: 8(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	31:32	5:00	7	7:18	34	8:32	6.30	31:32	5:00	7	7:18	34	8:32
Ilseburg/Markt	3.30	14:31	4:23	15	4:14	56	4:14	9.60	46:03	4:47	8	11:32	43	12:19