



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Selz, Christian

Club: Berlin
Number: 742

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 47:02

Speed: 11.48 km/h
Running performance: 4:54 min/km

Rank in course/Total: 54 (of 193)

Rank in course/Men: 47 (of 136)

Best time in course: 33:44

Rank in category: 9(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	33:09	5:15	10	8:55	46	10:09	6.30	33:09	5:15	10	8:55	46	10:09
Ilseburg/Markt	3.30	13:53	4:12	7	3:36	45	3:36	9.60	47:02	4:53	9	12:31	47	13:18