



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

**Berndt, Marcus**

Club: Hamburg  
Number: 696

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 47:39

Speed: 12.09 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 57 (of 193)

Rank in course/Men: 49 (of 136)

Best time in course: 33:44

Rank in category: 11(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	33:18	5:17	11	9:04	48	10:18	6.30	33:18	5:17	11	9:04	48	10:18
Ilseburg/Markt	3.30	14:21	4:20	12	4:04	53	4:04	9.60	47:39	4:57	11	13:08	49	13:55