



46. Brockenlauf
Ilsenburg / 03.09.2016

Detailed evaluation

Dahlhaus, Ulrich

Club: NSV Wernigerode
Number: 733

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 47:59

Speed: 11.25 km/h
Running performance: 5:00 min/km

Rank in course/Total: 58 (of 193)

Rank in course/Men: 50 (of 136)

Best time in course: 33:44

Rank in category: 6(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	6.30	33:17	5:16	6	4:59	47	10:17	6.30	33:17	5:16	6	4:59	47	10:17
Ilsenburg/Markt	3.30	14:42	4:27	6	2:39	59	4:25	9.60	47:59	4:59	6	7:38	50	14:15