



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Mühlhaus, Tobias

Club: Citybootcamp Harz
Number: 701

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 48:16

Speed: 11.93 km/h
Running performance: 5:02 min/km

Rank in course/Total: 62 (of 193)

Rank in course/Men: 54 (of 136)

Best time in course: 33:44

Rank in category: 12(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	34:01	5:23	12	9:47	53	11:01	6.30	34:01	5:23	12	9:47	53	11:01
Ilseburg/Markt	3.30	14:15	4:19	9	3:58	50	3:58	9.60	48:16	5:01	12	13:45	54	14:32