



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Pasch, Gregor

Club: Team Erdinger Alkoholfrei
Number: 790

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 48:41

Speed: 11.09 km/h
Running performance: 5:04 min/km

Rank in course/Total: 64 (of 193)

Rank in course/Men: 55 (of 136)

Best time in course: 33:44

Rank in category: 7(of 13)

Best time in the category: 40:21

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Loddenke	6.30	33:51	5:22	7	5:33	52	10:51	6.30	33:51	5:22	7	5:33	52	10:51
Ilseburg/Markt	3.30	14:50	4:29	7	2:47	60	4:33	9.60	48:41	5:04	7	8:20	55	14:57