



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Weiß, Frank

Club: Darlingerode
Number: 816

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 49:42

Speed: 10.87 km/h
Running performance: 5:11 min/km

Rank in course/Total: 71 (of 193)

Rank in course/Men: 61 (of 136)

Best time in course: 33:44

Rank in category: 6(of 9)

Best time in the category: 38:58

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	34:50	5:31	7	7:28	60	11:50	6.30	34:50	5:31	7	7:28	60	11:50
Ilseburg/Markt	3.30	14:52	4:30	6	3:16	62	4:35	9.60	49:42	5:10	6	10:44	61	15:58