



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Hahne, Uwe

Club: Skiclub Ilseburg
Number: 824

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 50:46

Speed: 10.64 km/h
Running performance: 5:17 min/km

Rank in course/Total: 79 (of 193)

Rank in course/Men: 68 (of 136)

Best time in course: 33:44

Rank in category: 8(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 | 34:50 | 5:31 | 8 | 6:32 | 60 | 11:50 | 6.30 | 34:50 | 5:31 | 8 | 6:32 | 60 | 11:50 |
| Ilseburg/Markt | 3.30 | 15:56 | 4:49 | 10 | 3:53 | 77 | 5:39 | 9.60 | 50:46 | 5:17 | 8 | 10:25 | 68 | 17:02 |