



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Masselink, Arnoud

Club: Rijswijk
Number: 689

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 52:02

Speed: 11.07 km/h
Running performance: 5:25 min/km

Rank in course/Total: 83 (of 193)

Rank in course/Men: 70 (of 136)

Best time in course: 33:44

Rank in category: 9(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	37:00	5:52	9	8:42	71	14:00	6.30	37:00	5:52	9	8:42	71	14:00
Ilseburg/Markt	3.30	15:02	4:33	8	2:59	65	4:45	9.60	52:02	5:25	9	11:41	70	18:18