



46. Brockenlauf
Ilsenburg / 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: 10.38 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 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 | 37:00 | 5:52 | 9 | 8:42 | 71 | 14:00 | 6.30 | 37:00 | 5:52 | 9 | 8:42 | 71 | 14:00 |
| Ilsenburg/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 |