



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Plump, Gerd

Club: Team Atemnot
Number: 669

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 52:51

Speed: 10.22 km/h
Running performance: 5:31 min/km

Rank in course/Total: 89 (of 193)

Rank in course/Men: 74 (of 136)

Best time in course: 33:44

Rank in category: 8(of 20)

Best time in the category: 40:13

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	36:55	5:51	7	8:35	70	13:55	6.30	36:55	5:51	7	8:35	70	13:55
Ilseburg/Markt	3.30	15:56	4:49	12	4:03	77	5:39	9.60	52:51	5:30	8	12:38	74	19:07