



46. Brockenlauf  
Ilsenburg / 03.09.2016

Detailed evaluation

Groger, Kay

Club: Potsdamer Laufclub  
Number: 646

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 52:59

Speed: 10.19 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 91 (of 193)

Rank in course/Men: 75 (of 136)

Best time in course: 33:44

Rank in category: 9(of 20)

Best time in the category: 40:13

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Loddenke        | 6.30        | 37:38         | 5:58            | 10          | 9:18           | 78          | 14:38         | 6.30          | 37:38         | 5:58            | 10          | 9:18           | 78         | 14:38         |
| Ilsenburg/Markt | 3.30        | 15:21         | 4:39            | 9           | 3:28           | 69          | 5:04          | 9.60          | 52:59         | 5:31            | 9           | 12:46          | 75         | 19:15         |