



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

**Bauer, Ralf**

Club: Wernigerode  
Number: 843

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 53:24

Speed: 10.79 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 94 (of 193)

Rank in course/Men: 78 (of 136)

Best time in course: 33:44

Rank in category: 10(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	37:32	5:57	10	9:14	75	14:32	6.30	37:32	5:57	10	9:14	75	14:32
Ilseburg/Markt	3.30	15:52	4:48	9	3:49	75	5:35	9.60	53:24	5:33	10	13:03	78	19:40