



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Golnik, Markus

Club: SG Lauffreunde Harz
Number: 631

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 56:18

Speed: 10.23 km/h
Running performance: 5:52 min/km

Rank in course/Total: 115 (of 193)

Rank in course/Men: 90 (of 136)

Best time in course: 33:44

Rank in category: 8(of 11)

Best time in the category: 37:01

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	39:59	6:20	7	8:55	95	16:59	6.30	39:59	6:20	7	8:55	95	16:59
Ilseburg/Markt	3.30	16:19	4:56	6	2:57	85	6:02	9.60	56:18	5:51	8	19:17	90	22:34