



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Muhs, Alexander

Club: Bovenden
Number: 651

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 56:45

Speed: 9.52 km/h
Running performance: 5:55 min/km

Rank in course/Total: 122 (of 193)

Rank in course/Men: 96 (of 136)

Best time in course: 33:44

Rank in category: 11(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	39:55	6:20	11	11:37	93	16:55	6.30	39:55	6:20	11	11:37	93	16:55
Ilseburg/Markt	3.30	16:50	5:06	11	4:47	91	6:33	9.60	56:45	5:54	11	16:24	96	23:01