



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Pflugner, Hans-Jürgen

Club: Brockenlaufverein  
Number: 795

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 58:05

Speed: 9.30 km/h  
Running performance: 6:03 min/km

Rank in course/Total: 135 (of 193)

Rank in course/Men: 105 (of 136)

Best time in course: 33:44

Rank in category: 3(of 9)

Best time in the category: 44:14

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	41:03	6:30	3	10:00	106	18:03	6.30	41:03	6:30	3	10:00	106	18:03
Ilseburg/Markt	3.30	17:02	5:09	2	3:51	99	6:45	9.60	58:05	6:03	3	13:51	105	24:21