



46. Brockenlauf
 Ilsenburg / 03.09.2016

Detailed evaluation

Ahrend, Detlef

Club: Ilsenburg
 Number: 818

Course: 9.60 km
 9,6 km - Lauf

Category:
 Senioren M55 (55-59 Jahre)

Total time: 58:39

Speed: 9.21 km/h
 Running performance: 6:07 min/km

Rank in course/Total: 140 (of 193)

Rank in course/Men: 108 (of 136)

Best time in course: 33:44

Rank in category: 6(of 11)

Best time in the category: 48:00

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	41:11	6:32	6	7:25	107	18:11	6.30	41:11	6:32	6	7:25	107	18:11
Ilsenburg/Markt	3.30	17:28	5:17	6	3:14	112	7:11	9.60	58:39	6:06	6	10:39	108	24:55