



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Berendt, Christian

Club: Asperg  
Number: 604

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 58:58

Speed: 9.16 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 142 (of 193)

Rank in course/Men: 109 (of 136)

Best time in course: 33:44

Rank in category: 17(of 19)

Best time in the category: 34:31

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	41:38	6:36	17	17:24	108	18:38	6.30	41:38	6:36	17	17:24	108	18:38
Ilseburg/Markt	3.30	17:20	5:15	17	7:03	104	7:03	9.60	58:58	6:08	17	24:27	109	25:14