



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Zaiser, Uwe

Club: Citybootcamp Harz
Number: 704

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 58:18

Speed: 9.88 km/h
Running performance: 6:04 min/km

Rank in course/Total: 138 (of 193)

Rank in course/Men: 106 (of 136)

Best time in course: 33:44

Rank in category: 18(of 20)

Best time in the category: 40:13

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	39:58	6:20	16	11:38	94	16:58	6.30	39:58	6:20	16	11:38	94	16:58
Ilseburg/Markt	3.30	18:20	5:33	19	6:27	119	8:03	9.60	58:18	6:04	18	18:05	106	24:34