



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: 9.26 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 |