



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Freimund, Kay

Number: 813

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:01:02

Speed: 8.85 km/h

Running performance: 6:22 min/km

Rank in course/Total: 158 (of 193)

Rank in course/Men: 117 (of 136)

Best time in course: 33:44

Rank in category: 18(of 19)

Best time in the category: 34:31

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	43:42	6:56	18	19:28	120	20:42	6.30	43:42	6:56	18	19:28	120	20:42
Ilseburg/Markt	3.30	17:20	5:15	17	7:03	104	7:03	9.60	1:01:02	6:21	18	26:31	117	27:18