



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Borchers, Ralf

Club: Wernigerode
Number: 842

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:02:25

Speed: 9.23 km/h
Running performance: 6:30 min/km

Rank in course/Total: 168 (of 193)

Rank in course/Men: 122 (of 136)

Best time in course: 33:44

Rank in category: 7(of 9)

Best time in the category: 44:14

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	43:36	6:55	8	12:33	118	20:36	6.30	43:36	6:55	8	12:33	118	20:36
Ilseburg/Markt	3.30	18:49	5:42	7	5:38	120	8:32	9.60	1:02:25	6:30	7	18:11	122	28:41