



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Dammann-Kölsch, Franz

Club: Ic solbad Ravensberg
Number: 796

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:10:16

Speed: 8.20 km/h
Running performance: 7:19 min/km

Rank in course/Total: 181 (of 193)

Rank in course/Men: 129 (of 136)

Best time in course: 33:44

Rank in category: 9(of 11)

Best time in the category: 48:00

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	47:07	7:28	8	13:21	125	24:07	6.30	47:07	7:28	8	13:21	125	24:07
Ilseburg/Markt	3.30	23:09	7:00	10	8:55	133	12:52	9.60	1:10:16	7:19	9	22:16	129	36:32