



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Fricke, Gerd

Club: LAV 07 Bad Harzburg
Number: 714

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:15:25

Speed: 7.16 km/h
Running performance: 7:52 min/km

Rank in course/Total: 187 (of 193)

Rank in course/Men: 131 (of 136)

Best time in course: 33:44

Rank in category: 6(of 7)

Best time in the category: 49:40

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	53:34	8:30	6	18:33	130	30:34	6.30	53:34	8:30	6	18:33	130	30:34
Ilseburg/Markt	3.30	21:51	6:37	6	7:12	130	11:34	9.60	1:15:25	7:51	6	25:45	131	41:41