



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Frohns, Torben

Club: TSV Warzen  
Number: 632

Course: 3.90 km  
3,9 km - Lauf

Category:  
männliche Jugend U16 (14-15 Jahre)

Total time: 18:56

Speed: 9.51 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 9 (of 41)

Rank in course/Men: 8 (of 26)

Best time in course: 14:52

Rank in category: 5(of 13)

Best time in the category: 16:52

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	
Prinzess Ilse Que	1.90	9:32	5:01	5	0:49	8	2:00	1.90	9:32	5:01	5	0:49	20		
Ilseburg/Markt	2.00	9:24	4:42	8	1:15	13	2:04	3.90	18:56	4:51	5	2:04	8	4:04	