



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Rischke, Dominik

Club: SG Darlingerode/Drübeck/Ilseburg
Number: 626

Course: 3.90 km
3,9 km - Lauf

Category:
männliche Jugend U16 (14-15 Jahre)

Total time: 19:56

Speed: 9.03 km/h
Running performance: 5:07 min/km

Rank in course/Total: 17 (of 41)

Rank in course/Men: 14 (of 26)

Best time in course: 14:52

Rank in category: 10(of 13)

Best time in the category: 16:52

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
Prinzess Ilse Que	1.90	10:04	5:17	7	1:21	10	2:32	1.90	10:04	5:17	10	1:21	1	-
Ilseburg/Markt	2.00	9:52	4:56	10	1:43	17	2:32	3.90	19:56	5:06	10	3:04	14	5:04