



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Forstenbacher, Max

Club: Triathlonfreunde Wittenberg  
Number: 501

Course: 3.90 km  
3,9 km - Lauf

Category:  
männliche Jugend U14 (12-13 Jahre)

Total time: 18:03

Speed: 12.96 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 5 (of 18)

Rank in course/Men: 4 (of 10)

Best time in course: 14:30

Rank in category: 1(of 2)

Best time in the category: 18:03

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	9:11	4:50	1	-	5	1:48	1.90	9:11	4:50	1	-	4	1:48
Ilseburg/Markt	2.00	8:52	4:26	1	-	4	1:45	3.90	18:03	4:37	1	-	4	3:33