



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Pavenstädt, Jan Owe

Club: LG Braunschweig  
Number: 880

Course: 1.80 km  
1,8 km - Lauf

Category:  
männliche Kinder U12 (10-11 Jahre)

Total time: 7:17

Speed: 8.24 km/h  
Running performance: 4:03 min/km

Rank in course/Total: 20 (of 142)

Rank in course/Men: 16 (of 79)

Best time in course: 5:56

Rank in category: 7(of 22)

Best time in the category: 6:17

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
Blochhauer	0.90	4:01	4:27	10	0:39	22	0:58	0.90	4:01	4:27	10	0:39	22	0:58
Ilseburg/Markt	0.90	3:16	3:37	5	0:21	10	0:23	1.80	7:17	4:02	7	1:00	16	1:21