



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Heine, Lennart

Club: LG Braunschweig
Number: 694

Course: 3.90 km
3,9 km - Lauf

Category:
männliche Jugend U16 (14-15 Jahre)

Total time: 15:50

Speed: 11.37 km/h
Running performance: 4:04 min/km

Rank in course/Total: 5 (of 53)

Rank in course/Men: 4 (of 27)

Best time in course: 13:58

Rank in category: 2(of 5)

Best time in the category: 14:10

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	7:56	4:10	2	0:37	4	0:37	1.90	7:56	4:10	2	0:37	4	0:37
Ilseburg/Markt	2.00	7:54	3:57	3	1:03	7	1:15	3.90	15:50	4:03	2	1:40	4	1:52