



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Hensel, Nicolas

Club: NSV Wernigerode  
Number: 1177

Course: 3.90 km  
3,9 km - Lauf

Category:  
männliche Jugend U16 (14-15 Jahre)

Total time: 16:03

Speed: 11.21 km/h  
Running performance: 4:07 min/km

Rank in course/Total: 6 (of 53)

Rank in course/Men: 5 (of 27)

Best time in course: 13:58

Rank in category: 3(of 5)

Best time in the category: 14:10

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	8:15	4:20	3	0:56	5	0:56	1.90	8:15	4:20	3	0:56	5	0:56
Ilseburg/Markt	2.00	7:48	3:53	2	0:57	5	1:09	3.90	16:03	4:06	3	1:53	5	2:05