



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Fröhlich, Björn

Club: LAV 07 Bad Harzburg  
Number: 719

Course: 3.90 km  
3,9 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 16:07

Speed: 11.17 km/h  
Running performance: 4:08 min/km

Rank in course/Total: 8 (of 53)

Rank in course/Men: 6 (of 27)

Best time in course: 13:58

Rank in category: 1(of 1)

Best time in the category: 16:07

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	8:28	4:27	1	-	6	1:09	1.90	8:28	4:27	1	-	6	1:09
Ilseburg/Markt	2.00	7:39	3:49	1	-	4	1:00	3.90	16:07	4:07	1	-	6	2:09