



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Ahrend, Robert

Club: Harz-Gebirgslauf Wernigerode
Number: 746

Course: 3.90 km
3,9 km - Lauf

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 18:02

Speed: 9.98 km/h
Running performance: 4:37 min/km

Rank in course/Total: 12 (of 53)

Rank in course/Men: 10 (of 27)

Best time in course: 13:58

Rank in category: 2(of 7)

Best time in the category: 15:15

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	9:14	4:51	2	1:19	8	1:55	1.90	9:14	4:51	2	1:19	8	1:55
Ilseburg/Markt	2.00	8:48	4:24	2	1:28	12	2:09	3.90	18:02	4:37	2	2:47	10	4:04