



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

**Stertz, Richard**

Club: Citybootcamp Harz  
Number: 698

Course: 3.90 km  
3,9 km - Lauf

Category:  
männliche Jugend U14 (12-13 Jahre)

Total time: 21:02

Speed: 8.56 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 29 (of 53)

Rank in course/Men: 20 (of 27)

Best time in course: 13:58

Rank in category: 6(of 7)

Best time in the category: 15:15

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	11:11	5:53	7	3:16	22	3:52	1.90	11:11	5:53	7	3:16	22	3:52
Ilseburg/Markt	2.00	9:51	4:55	5	2:31	20	3:12	3.90	21:02	5:23	6	5:47	20	7:04