



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Volkmar, Jannis

Club: VfL Oker
Number: 1175

Course: 3.90 km
3,9 km - Lauf

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 22:01

Speed: 8.18 km/h
Running performance: 5:39 min/km

Rank in course/Total: 38 (of 53)

Rank in course/Men: 22 (of 27)

Best time in course: 13:58

Rank in category: 7 (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	10:23	5:27	5	2:28	18	3:04	1.90	10:23	5:27	5	2:28	18	3:04
Ilseburg/Markt	2.00	11:38	5:48	7	4:18	27	4:59	3.90	22:01	5:38	7	6:46	22	8:03