



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Lontzek, Paul

Club: GS Prinzess Ilse
Number: 948

Course: 1.80 km
1,8 km - Lauf

Category:
männliche Kinder U10 (8-9 Jahre)

Total time: 9:06

Speed: 11.87 km/h
Running performance: 5:04 min/km

Rank in course/Total: 73 (of 142)

Rank in course/Men: 47 (of 79)

Best time in course: 5:56

Rank in category: 16(of 31)

Best time in the category: 6:48

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
Blochhauer	0.90	4:41	5:12	15	1:03	45	1:38	0.90	4:41	5:12	15	1:03	79	1:38
Ilseburg/Markt	0.90	4:25	4:54	18	1:17	51	1:32	1.80	9:06	5:03	16	2:18	47	3:10