



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

FRÖHLICH, Björn

Club: LAV 07 Bad Harzburg e.V.
Number: 699

Course: 3.90 km
3,9 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 15:44

Speed: 11.44 km/h
Running performance: 4:02 min/km

Rank in course/Total: 4 (of 49)

Rank in course/Men: 4 (of 30)

Best time in course: 15:25

Rank in category: 1(of 3)

Best time in the category: 15:44

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	8:16	4:21	1	-	5	0:13	1.90	8:16	4:21	1	-	5	0:13
Ilseburg/Markt	2.00	7:28	3:44	1	-	4	0:06	3.90	15:44	4:02	1	-	4	0:19