



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Lontzek, Paul

Club: Ilseburg
Number: 952

Course: 1.80 km
1,8 km - Lauf

Category:
männliche Kinder U12 (10-11 Jahre)

Total time: 8:19

Speed: 7.21 km/h
Running performance: 4:37 min/km

Rank in course/Total: 28 (of 117)

Rank in course/Men: 20 (of 69)

Best time in course: 6:23

Rank in category: 5(of 11)

Best time in the category: 6:23

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
Blochhauer	0.90	4:27	4:56	4	1:01	21	1:02	0.90	4:27	4:56	4	1:01	21	1:02
Ilseburg/Markt	0.90	3:52	4:17	5	0:55	17	0:55	1.80	8:19	4:37	5	1:56	20	1:56