



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Ahrends, Luis

Club: Grundschule Darlingerode
Number: 932

Course: 1.80 km
1,8 km - Lauf

Category:
männliche Kinder U10 (8-9 Jahre)

Total time: 7:57

Speed: 7.55 km/h
Running performance: 4:25 min/km

Rank in course/Total: 20 (of 117)

Rank in course/Men: 14 (of 69)

Best time in course: 6:23

Rank in category: 10(of 32)

Best time in the category: 6:47

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	4:19	4:47	14	0:51	18	0:54	0.90	4:19	4:47	14	0:51	70	0:54
Ilseburg/Markt	0.90	3:38	4:02	6	0:19	10	0:41	1.80	7:57	4:25	10	1:10	14	1:34