



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Fröhlich, Björn

Club: Lavo7Bad Harzburg
Number: 903

Course: 3.90 km
3,9 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 17:23

Speed: 13.46 km/h
Running performance: 4:28 min/km

Rank in course/Total: 8 (of 43)

Rank in course/Men: 4 (of 22)

Best time in course: 13:59

Rank in category: 1(of 2)

Best time in the category: 17:23

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	9:02	4:45	1	-	6	2:03	1.90	9:02	4:45	1	-	6	2:03
Ilseburg/Markt	2.00	8:21	4:10	1	-	4	1:21	3.90	17:23	4:27	1	-	4	3:24