



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Hensel, Nicolas

Club: Harz-Gebirgslauf Wernigerode  
Number: 814

Course: 9.60 km  
9,6 km - Lauf

Category:  
männliche Jugend U18 (16-17 Jahre)

Total time: 39:18

Speed: 13.74 km/h  
Running performance: 4:05 min/km

Rank in course/Total: 4 (of 230)

Rank in course/Men: 4 (of 136)

Best time in course: 34:12

Rank in category: 2(of 8)

Best time in the category: 37:47

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
Ilsestein	4.10	19:29	4:45	2	0:42	4	2:25	4.10	19:29	4:45	2	0:42	4	2:25
Loddenke	2.20	7:47	3:32	2	0:17	5	0:59	6.30	27:16	4:19	2	0:59	4	3:24
Ilseburg/Markt	3.30	12:02	3:38	3	0:32	6	1:42	9.60	39:18	4:05	2	1:31	5	5:06