



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Fricke, Benjamin

Club: NIX tun kann JEDER  
Number: 729

Course: 9.60 km  
9,6 km - Lauf

Category:  
männliche Jugend U14 (12-13 Jahre)

Total time: 1:00:55

Speed: 8.86 km/h  
Running performance: 6:21 min/km

Rank in course/Total: 149 (of 230)

Rank in course/Men: 102 (of 136)

Best time in course: 34:12

Rank in category: 2(of 2)

Best time in the category: 51:09

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	30:20	7:23	2	4:08	102	13:16	4.10	30:20	7:23	2	4:08	102	13:16
Loddenke	2.20	12:04	5:29	2	1:39	96	5:16	6.30	42:24	6:43	2	5:47	98	18:32
Ilseburg/Markt	3.30	18:31	5:36	2	3:59	109	8:11	9.60	1:00:55	6:20	2	9:46	103	26:43