



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Abel, Lennard

Club: Prinzess-Ilse-Grundschule
Number: 926

Course: 1.80 km
1,8 km - Lauf

Category:
männliche Kinder U12 (10-11 Jahre)

Total time: 8:05

Speed: 7.42 km/h
Running performance: 4:29 min/km

Rank in course/Total: 23 (of 128)

Rank in course/Men: 18 (of 74)

Best time in course: 6:17

Rank in category: 6(of 12)

Best time in the category: 6:59

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	4:08	4:35	6	0:45	19	1:04	0.90	4:08	4:35	6	0:45	19	1:04
Ilseburg/Markt	0.90	3:57	4:23	5	0:27	16	0:44	1.80	8:05	4:29	6	1:06	18	1:48