



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Fröhlich, Björn

Club: LAV 07 Bad Harzburg  
Number: 913

Course: 3.90 km  
3,9 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 16:31

Speed: 14.17 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 7 (of 50)

Rank in course/Men: 4 (of 20)

Best time in course: 14:41

Rank in category: 1(of 2)

Best time in the category: 16:31

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	8:35	4:31	1	-	5	1:22	1.90	8:35	4:31	1	-	5	1:22
Ilseburg/Markt	2.00	7:56	3:58	1	-	5	0:28	3.90	16:31	4:14	1	-	4	1:50