



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Lautenschläger, Friedrich

Club: Brockenlaufverein
Number: 890

Course: 3.90 km
3,9 km - Lauf

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 22:41

Speed: 10.32 km/h
Running performance: 5:49 min/km

Rank in course/Total: 29 (of 50)

Rank in course/Men: 14 (of 20)

Best time in course: 14:41

Rank in category: 5(of 6)

Best time in the category: 16:36

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	12:15	6:26	6	3:36	15	5:02	1.90	12:15	6:26	6	3:36	15	5:02
Ilseburg/Markt	2.00	10:26	5:13	5	2:34	13	2:58	3.90	22:41	5:48	5	6:05	14	8:00