



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Helmholz, Jason

Club: Prinzess-Ilse-Grundschule
Number: 975

Course: 1.80 km
1,8 km - Lauf

Category:
männliche Kinder U10 (8-9 Jahre)

Total time: 8:21

Speed: 12.93 km/h
Running performance: 4:38 min/km

Rank in course/Total: 30 (of 128)

Rank in course/Men: 21 (of 74)

Best time in course: 6:17

Rank in category: 11(of 35)

Best time in the category: 6:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Blochhauer	0.90	4:14	4:42	12	0:47	22	1:10	0.90	4:14	4:42	12	0:47	22	1:10
Ilseburg/Markt	0.90	4:07	4:34	12	0:41	23	0:54	1.80	8:21	4:38	11	1:23	21	2:04