



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Knappich, Niklas

Club: SchiekepannELF  
Number: 711

Course: 9.60 km  
9,6 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 41:41

Speed: 12.95 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 11 (of 210)

Rank in course/Men: 11 (of 132)

Best time in course: 33:33

Rank in category: 3(of 17)

Best time in the category: 33:33

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	21:03	5:08	4	4:43	13	4:43	4.10	21:03	5:08	4	4:43	13	4:43
Loddenke	2.20	8:12	3:43	3	1:27	9	1:27	6.30	29:15	4:38	3	6:08	12	6:08
Ilseburg/Markt	3.30	12:26	3:46	3	2:00	9	2:00	9.60	41:41	4:20	3	8:08	11	8:08