



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Schreiber, Frederick

Club: Braunschweig
Number: 833

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 53:03

Speed: 10.18 km/h
Running performance: 5:32 min/km

Rank in course/Total: 81 (of 210)

Rank in course/Men: 65 (of 132)

Best time in course: 33:33

Rank in category: 12(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	27:21	6:40	12	11:01	73	11:01	4.10	27:21	6:40	12	11:01	73	11:01
Loddenke	2.20	10:31	4:46	11	3:46	69	3:46	6.30	37:52	6:00	12	14:45	69	14:45
Ilseburg/Markt	3.30	15:11	4:36	11	4:45	55	4:45	9.60	53:03	5:31	12	19:30	65	19:30