



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Jakob, Ole Einar

Club: KC Potsdam  
Number: 798

Course: 9.60 km  
9,6 km - Lauf

Category:  
männliche Jugend U20 (18-19 Jahre)

Total time: 40:41

Speed: 13.27 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 5 (of 148)

Rank in course/Men: 5 (of 94)

Best time in course: 35:15

Rank in category: 2(of 2)

Best time in the category: 35:15

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
Ilsestein	4.10	19:43	4:48	2	2:13	3	2:13	4.10	19:43	4:48	3	2:13	95	2:13
Loddenke	2.20	8:23	3:48	2	1:24	8	1:24	6.30	28:06	4:27	3	3:37	94	3:37
Ilseburg/Markt	3.30	12:35	3:48	2	1:49	7	1:49	9.60	40:41	4:14	2	5:26	5	5:26