



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Ahmedi, Hamza

Club: Schiffdorf
Number: 601

Course: 9.60 km
9,6 km - Lauf

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 45:05

Speed: 11.98 km/h
Running performance: 4:42 min/km

Rank in course/Total: 19 (of 169)

Rank in course/Men: 16 (of 101)

Best time in course: 34:38

Rank in category: 3(of 7)

Best time in the category: 34:38

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	22:42	5:32	3	5:42	17	5:42	4.10	22:42	5:32	3	5:42	18	22:42
Loddenke	2.20	9:06	4:08	3	2:19	22	2:19	6.30	31:48	5:02	3	8:01	18	8:01
Ilseburg/Markt	3.30	13:17	4:01	2	2:26	12	2:38	9.60	45:05	4:41	3	10:27	16	10:27