



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Abel, Ron

Club: Grün Weiss Ilseburg
Number: 965

Course: 1.80 km
1,8 km - Lauf

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 7:10

Speed: 8.37 km/h
Running performance: 3:59 min/km

Rank in course/Total: 3 (of 115)

Rank in course/Men: 2 (of 63)

Best time in course: 6:26

Rank in category: 2(of 3)

Best time in the category: 6:26

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
Blochhauer	0.90	3:31	3:54	2	0:18	2	0:18	0.90	3:31	3:54	2	0:18	2	0:18
Ilseburg/Markt	0.90	3:39	4:03	2	0:26	5	0:26	1.80	7:10	3:58	2	0:44	2	0:44