



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Michel Aulich

Number: 1051

Course: 3.90 km

3,9 km - Lauf

Category:

männliche Jugend U14 (12-13)

Total time: 16:03

Speed: 11.21 km/h

Running performance: 4:06 min/km

Rank in course/Total: 3 (of 44)

Rank in course/Men: 3 (of 23)

Best time in course: 15:02

Rank in category: 1(of 10)

Best time in the category: 16:03

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Control	1.90	8:12	4:18	1	-	3	0:20	1.90	8:12	4:18	1	-	3	0:20
Ilseburg/Markt	2.00	7:51	3:55	1	-	3	0:41	3.90	16:03	4:06	1	-	3	1:01