



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Heimbürger, Heiko

Club: Hannover
Number: 230

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:39:41

Speed: 9.77 km/h
Running performance: 6:05 min/km

Rank in course/Total: 256 (of 426)

Rank in course/Men: 236 (of 371)

Best time in course: 1:42:20

Rank in category: 39(of 58)

Best time in the category: 1:45:17

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
Loddenke	3.30	20:10	6:06	49	7:38	272	7:44	3.30	20:10	6:06	10		221	7:44
Schlüsie	3.10	21:09	6:49	46	7:03	251	7:43	6.40	41:19	6:27	10		236	15:27
Hermannsklippe	2.60	19:23	7:27	45	6:54	258	7:38	9.00	1:00:42	6:44	10		225	23:05
Brocken	3.10	29:09	9:24	30	9:10	188	11:03	12.10	1:29:51	7:25	10		236	34:08
Eiserner Handwe	3.60	20:14	5:37	42	8:16	263	8:16	15.70	1:50:05	7:00	10		236	41:42
Schlüsie	4.10	18:26	4:29	39	6:30	234	6:30	19.80	2:08:31	6:29	10		236	47:33
Loddenke	3.10	14:59	4:49	40	4:33	233	4:46	22.90	2:23:30	6:15	10		236	52:19
Ilseburg/Markt	3.30	16:11	4:54	35	4:25	219	5:02	26.20	2:39:41	6:05	39	54:24	236	57:21