



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Heinicke, Mario

Club: LG Osterwieck e.V.
Number: 637

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 42:07

Speed: 12.82 km/h
Running performance: 4:23 min/km

Rank in course/Total: 13 (of 170)

Rank in course/Men: 11 (of 111)

Best time in course: 33:31

Rank in category: 1(of 8)

Best time in the category: 42:07

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	20:58	5:06	1	-	11	4:35	4.10	20:58	5:06	1	-	11	4:17
Loddenke	2.20	8:36	3:54	1	-	15	2:02	6.30	29:34	4:41	1	-	11	6:19
Ilseburg/Markt	3.30	12:33	3:48	1	-	10	2:20	9.60	42:07	4:23	1	-	11	8:36