



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Heindorf, Karsten

Club: Schiekepannelf
Number: 649

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:01:56

Speed: 8.72 km/h
Running performance: 6:27 min/km

Rank in course/Total: 151 (of 175)

Rank in course/Men: 109 (of 119)

Best time in course: 33:35

Rank in category: 12(of 12)

Best time in the category: 45:46

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	29:41	7:14	10	6:49	101	13:03	4.10	29:41	7:14	12	6:49	108	1:17
Loddenke	2.20	13:37	6:11	12	4:32	112	6:54	6.30	43:18	6:52	12	11:09	108	3:42
Ilseburg/Markt	3.30	18:38	5:38	11	5:01	108	8:26	9.60	1:01:56	6:27	12	16:10	112	28:21