



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Heinemann, Maik

Club: Gardelegen
Number: 248

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:28:12

Speed: 10.53 km/h
Running performance: 5:40 min/km

Rank in course/Total: 132 (of 492)

Rank in course/Men: 121 (of 415)

Best time in course: 1:38:33

Rank in category: 24(of 67)

Best time in the category: 1:51:23

| 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 | 18:59 | 5:45 | 33 | 5:16 | 193 | 7:07 | 3.30 | 18:59 | 5:45 | 58 | | 124 | |
| Schlüsie | 3.10 | 19:07 | 6:10 | 19 | 4:25 | 117 | 6:09 | 6.40 | 38:06 | 5:57 | 58 | | 123 | 13:16 |
| Hermannsklippe | 2.60 | 17:19 | 6:39 | 20 | 4:34 | 115 | 5:48 | 9.00 | 55:25 | 6:09 | 58 | | 123 | 19:04 |
| Brocken | 3.10 | 28:11 | 9:05 | 23 | 8:07 | 124 | 10:21 | 12.10 | 1:23:36 | 6:54 | 58 | | 123 | 29:25 |
| Eiserner Handwe | 3.60 | 17:19 | 4:48 | 20 | 3:56 | 109 | 5:17 | 15.70 | 1:40:55 | 6:25 | 58 | | 123 | 34:42 |
| Schlüsie | 4.10 | 17:42 | 4:19 | 31 | 4:44 | 164 | 6:12 | 19.80 | 1:58:37 | 5:59 | 58 | | 123 | 40:54 |
| Loddenke | 3.10 | 14:46 | 4:45 | 33 | 4:00 | 183 | 4:56 | 22.90 | 2:13:23 | 5:49 | 58 | | 123 | 45:50 |
| Ilseburg/Markt | 3.30 | 14:49 | 4:29 | 16 | 2:52 | 81 | 6:17 | 26.20 | 2:28:12 | 5:39 | 24 | 36:49 | 126 | 49:39 |