



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Heinicke, Mario

Club: LG Osterwieck
Number: 586

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 41:32

Speed: 13.00 km/h
Running performance: 4:20 min/km

Rank in course/Total: 9 (of 175)

Rank in course/Men: 8 (of 119)

Best time in course: 33:35

Rank in category: 1(of 15)

Best time in the category: 41:32

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	20:24	4:58	1	-	6	3:46	4.10	20:24	4:58	1	-	9	
Loddenke	2.20	8:39	3:55	2	0:02	12	1:56	6.30	29:03	4:36	1	-	9	
Ilseburg/Markt	3.30	12:29	3:46	1	-	8	2:17	9.60	41:32	4:19	1	-	8	7:57