



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Heine, Heiko

Number: 682

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 49:34

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 43 (of 175)

Rank in course/Men: 38 (of 119)

Best time in course: 33:35

Rank in category: 11(of 20)

Best time in the category: 33:35

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	24:53	6:04	14	8:15	46	8:15	4.10	24:53	6:04	1	-	39	
Loddenke	2.20	9:34	4:20	9	2:51	31	2:51	6.30	34:27	5:28	1	-	39	
Ilseburg/Markt	3.30	15:07	4:34	13	4:55	46	4:55	9.60	49:34	5:09	11	15:59	38	15:59