



45. Brockenlauf
Ilsenburg / 05.09.2015

Detailed evaluation

Heinemann, Maik

Club: Gardelegen
Number: 739

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 46:08

Speed: 11.71 km/h

Rank in course/Total: 45 (of 208)

Rank in course/Men: 38 (of 134)

Best time in course: 32:58

Rank in category: 5(of 18)

Best time in the category: 38:58

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split km/h | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------------|-------------|---------------|---------------|-------------|----------------|-------------|---------------|---------------|---------------|---------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total km/h | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Loddenke | 6.30 | 31:46 | 11.33 | 5 | 4:30 | 30 | 8:50 | 6.30 | 31:46 | 11.33 | 5 | 4:30 | 30 | 8:50 |
| Ilsenburg/Markt | 3.30 | 14:22 | 12.53 | 6 | 2:40 | 49 | 4:26 | 9.60 | 46:08 | 11.71 | 5 | 7:10 | 38 | 13:10 |