



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: 12.49 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	11.90	5	4:30	30	8:50	6.30	31:46	11.90	5	4:30	30	8:50
Ilsenburg/Markt	3.30	14:22	13.78	6	2:40	49	4:26	9.60	46:08	12.49	5	7:10	38	13:10