



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