



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Heine, Heiko

Club: Thale  
Number: 498

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:35:28

Speed: 10.03 km/h

Rank in course/Total: 245 (of 532)

Rank in course/Men: 230 (of 452)

Best time in course: 1:36:15

Rank in category: 25(of 39)

Best time in the category: 1:51:38

| Intermediate times |          |            |            | Stage score |             |         |            | Total ranking |            |            |          |             |         |            |
|--------------------|----------|------------|------------|-------------|-------------|---------|------------|---------------|------------|------------|----------|-------------|---------|------------|
| Control            | Split km | Split Time | Split km/h | Pos Cat.    | Behind Cat. | Pos Men | Behind Men | Total km      | Total Time | Total km/h | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Loddenke           | 3.30     | 19:22      | 9.29       | 20          | 5:39        | 220     | 7:36       | 3.30          | 19:22      | 9.29       | 20       | 5:39        | 220     | 7:36       |
| Schlüsie           | 3.10     | 19:48      | 9.09       | 18          | 4:32        | 173     | 6:53       | 6.40          | 39:10      | 9.19       | 19       | 10:08       | 195     | 14:29      |
| Hermannsklippe     | 2.60     | 17:20      | 6.92       | 17          | 4:14        | 169     | 6:05       | 9.00          | 56:30      | 9.56       | 19       | 14:22       | 183     | 20:34      |
| Brocken            | 3.10     | 30:21      | 5.93       | 31          | 10:13       | 276     | 13:09      | 12.10         | 1:26:51    | 8.29       | 24       | 24:26       | 217     | 33:43      |
| Eiserner Handwe    | 3.60     | 18:14      | 9.87       | 24          | 5:22        | 211     | 6:37       | 15.70         | 1:45:05    | 8.56       | 23       | 29:48       | 216     | 40:20      |
| Schlüsie           | 4.10     | 17:05      | 14.05      | 19          | 4:08        | 175     | 5:39       | 19.80         | 2:02:10    | 9.33       | 24       | 33:56       | 213     | 45:59      |
| Loddenke           | 3.10     | 15:07      | 11.91      | 26          | 4:00        | 256     | 5:30       | 22.90         | 2:17:17    | 9.62       | 24       | 37:56       | 219     | 51:29      |
| Ilseburg/Markt     | 3.30     | 18:11      | 9.90       | 33          | 5:54        | 357     | 7:44       | 26.20         | 2:35:28    | 10.03      | 25       | 43:50       | 230     | 59:13      |