



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Heinemann, Maik

Club: Gardelegen  
Number: 431

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:20:23

Speed: 11.11 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 74 (of 529)

Rank in course/Men: 69 (of 447)

Best time in course: 1:39:39

Rank in category: 13(of 75)

Best time in the category: 1:57:42

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
Loddenke	3.30	17:44	5:22	21	3:17	121	8:07	3.30	17:44	5:22	21	3:17	121	8:07
Schlüsie	3.10	19:42	6:21	16	3:52	98	5:52	6.40	37:26	5:50	17	7:09	104	11:22
Hermannsklippe	2.60	16:26	6:19	13	2:56	71	4:45	9.00	53:52	5:59	16	10:05	93	16:02
Brocken	3.10	26:51	8:39	16	5:35	86	8:36	12.10	1:20:43	6:40	15	15:40	89	24:38
Eiserner Handwe	3.60	16:34	4:36	16	3:05	87	4:04	15.70	1:37:17	6:11	15	18:45	83	28:42
Schlüsie	4.10	16:27	4:00	18	3:30	105	4:03	19.80	1:53:44	5:44	14	22:15	81	32:43
Loddenke	3.10	12:52	4:09	10	1:40	53	2:32	22.90	2:06:36	5:31	14	23:09	78	35:15
Ilseburg/Markt	3.30	13:47	4:10	6	1:07	31	5:29	26.20	2:20:23	5:21	13	22:41	69	40:44