



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Heine, Heiko

Club: Thale  
Number: 291

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:47:46

Speed: 9.30 km/h  
Running performance: 6:24 min/km

Rank in course/Total: 307 (of 529)

Rank in course/Men: 278 (of 447)

Best time in course: 1:39:39

Rank in category: 23(of 30)

Best time in the category: 1:39:39

| 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     | 19:50      | 6:00         | 24          | 10:13       | 257     | 10:13      | 3.30          | 19:50      | 6:00         | 24       | 10:13       | 257     | 10:13      |
| Schlüsie           | 3.10     | 22:22      | 7:12         | 23          | 6:28        | 245     | 8:32       | 6.40          | 42:12      | 6:35         | 23       | 16:03       | 246     | 16:08      |
| Hermannsklippe     | 2.60     | 19:08      | 7:21         | 23          | 7:27        | 257     | 7:27       | 9.00          | 1:01:20    | 6:48         | 23       | 23:30       | 253     | 23:30      |
| Brocken            | 3.10     | 34:54      | 11:15        | 27          | 16:39       | 358     | 16:39      | 12.10         | 1:36:14    | 7:57         | 24       | 40:09       | 294     | 40:09      |
| Eiserner Handwe    | 3.60     | 19:39      | 5:27         | 19          | 7:09        | 264     | 7:09       | 15.70         | 1:55:53    | 7:22         | 24       | 47:18       | 286     | 47:18      |
| Schlüsie           | 4.10     | 18:37      | 4:32         | 21          | 6:11        | 232     | 6:13       | 19.80         | 2:14:30    | 6:47         | 24       | 53:29       | 281     | 53:29      |
| Loddenke           | 3.10     | 15:35      | 5:01         | 24          | 5:15        | 264     | 5:15       | 22.90         | 2:30:05    | 6:33         | 24       | 58:44       | 279     | 58:44      |
| Ilseburg/Markt     | 3.30     | 17:41      | 5:21         | 21          | 9:23        | 279     | 9:23       | 26.20         | 2:47:46    | 6:24         | 23       | 1:08:07     | 278     | 1:08:07    |