



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

HEINEMANN, Maik

Club: Gardelegen
Number: 388

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:12:35

Speed: 11.77 km/h
Running performance: 5:04 min/km

Rank in course/Total: 61 (of 500)

Rank in course/Men: 59 (of 423)

Best time in course: 1:35:36

Rank in category: 12(of 85)

Best time in the category: 1:44:53

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	16:58	5:08	15	4:05	85	4:59	3.30	16:58	5:08	15	4:05	85	4:59
Schlüsie	3.10	18:02	5:49	15	3:36	79	5:17	6.40	35:00	5:28	15	7:41	79	10:16
Hermannsklippe	2.60	15:41	6:01	12	2:54	62	4:30	9.00	50:41	5:37	14	10:26	76	14:46
Brocken	3.10	24:56	8:02	12	5:08	58	7:32	12.10	1:15:37	6:14	12	15:34	68	22:18
Eiserner Handwe	3.60	15:07	4:11	6	3:15	31	3:27	15.70	1:30:44	5:46	10	18:49	61	25:45
Schlüsie	4.10	15:40	3:49	14	3:44	71	4:39	19.80	1:46:24	5:22	13	22:33	66	30:24
Loddenke	3.10	12:31	4:02	12	2:34	56	3:15	22.90	1:58:55	5:11	13	25:07	64	33:39
Ilseburg/Markt	3.30	13:40	4:08	10	2:35	54	3:20	26.20	2:12:35	5:03	12	27:42	59	36:59