



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Heitmann, David

Club: Mud Monkeys Mahnburg
Number: 673

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 48:59

Speed: 11.76 km/h
Running performance: 5:06 min/km

Rank in course/Total: 44 (of 230)

Rank in course/Men: 40 (of 136)

Best time in course: 34:12

Rank in category: 5(of 14)

Best time in the category: 34:12

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Ilsestein | 4.10 | 24:42 | 6:01 | 6 | 7:38 | 43 | 7:38 | 4.10 | 24:42 | 6:01 | 6 | 7:38 | 43 | 7:38 |
| Loddenke | 2.20 | 10:07 | 4:35 | 5 | 3:19 | 49 | 3:19 | 6.30 | 34:49 | 5:31 | 6 | 10:57 | 44 | 10:57 |
| Ilseburg/Markt | 3.30 | 14:10 | 4:17 | 5 | 3:50 | 34 | 3:50 | 9.60 | 48:59 | 5:06 | 5 | 14:47 | 41 | 14:47 |