



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Heitmann, Michael

Club: Mud Monkeys Mahnburg  
Number: 674

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 49:00

Speed: 11.02 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 45 (of 230)

Rank in course/Men: 41 (of 136)

Best time in course: 34:12

Rank in category: 6(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	14:11	4:17	6	3:51	36	3:51	9.60	49:00	5:06	6	14:48	42	14:48