



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Heinrich, Uwe

Total time: 2:26:42

Club: BSG Mecklenburgische Versicherungen Hannover  
Number: 476

Speed: 10.72 km/h

Running performance: 5:36 min/km

Course: 26.20 km

Rank in course/Total: 131 (of 506)

26,2 km - Lauf

Rank in course/Men: 121 (of 416)

Best time in course: 1:44:43

Category:

Rank in category: 3(of 20)

Senioren M60 (60-64 Jahre)

Best time in the category: 2:24:51

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	17:55	5:25	2	0:20	115	4:29	3.30	17:55	5:25	2	0:20	115	4:29
Bremer Hütte	2.40	15:23	6:24	3	0:36	122	4:17	5.70	33:18	5:50	2	0:56	119	8:46
Hermannsklippe	3.30	20:48	6:18	2	0:07	120	5:56	9.00	54:06	6:00	2	1:03	119	14:41
Brocken	3.10	26:44	8:37	3	0:17	95	8:23	12.10	1:20:50	6:40	2	1:20	107	23:04
Eiserner Handwe	3.60	18:14	5:03	5	1:23	150	5:42	15.70	1:39:04	6:18	2	1:58	115	28:46
Bremer Hütte	4.10	21:36	5:16	5	1:45	169	6:42	19.80	2:00:40	6:05	3	2:04	123	35:11
Loddenke	3.10	11:03	3:33	3	0:53	139	3:05	22.90	2:11:43	5:45	3	2:10	125	38:16
Ilseburg/Markt	3.30	14:59	4:32	2	0:08	107	3:43	26.20	2:26:42	5:35	3	1:51	121	41:59