



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Heitmann, Michael

Club: Mud Monkeys Mahnburg  
Number: 837

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 46:41

Speed: 12.34 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 31 (of 210)

Rank in course/Men: 28 (of 132)

Best time in course: 33:33

Rank in category: 1(of 10)

Best time in the category: 46:41

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	23:19	5:41	1	-	26	6:59	4.10	23:19	5:41	1	-	26	6:59
Loddenke	2.20	9:21	4:14	1	-	31	2:36	6.30	32:40	5:11	1	-	26	9:33
Ilseburg/Markt	3.30	14:01	4:14	2	0:17	33	3:35	9.60	46:41	4:51	1	-	28	13:08