



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Heise, Mario

Number: 864

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 54:06

Speed: 9.98 km/h

Running performance: 5:38 min/km

Rank in course/Total: 90 (of 210)

Rank in course/Men: 72 (of 132)

Best time in course: 33:33

Rank in category: 11(of 16)

Best time in the category: 40:13

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	27:28	6:41	12	7:25	75	11:08	4.10	27:28	6:41	12	7:25	75	11:08
Loddenke	2.20	10:33	4:47	10	2:34	70	3:48	6.30	38:01	6:02	11	9:59	70	14:54
Ilseburg/Markt	3.30	16:05	4:52	11	3:54	76	5:39	9.60	54:06	5:38	11	13:53	72	20:33