



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Heine, Heiko

Club: Thale
Number: 471

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:59:04

Speed: 8.71 km/h
Running performance: 6:50 min/km

Rank in course/Total: 427 (of 581)

Rank in course/Men: 381 (of 475)

Best time in course: 1:39:32

Rank in category: 40(of 47)

Best time in the category: 1:47:45

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	23:40	7:10	45	10:36	444	10:36	3.30	23:40	7:10	45	10:36	444	10:36
Schlüsie	3.10	25:07	8:06	44	10:59	425	11:29	6.40	48:47	7:37	44	21:22	433	22:04
Hermannsklippe	2.60	23:11	8:54	45	10:47	437	11:47	9.00	1:11:58	7:59	46	32:09	443	33:51
Brocken	3.10	34:07	11:00	39	14:17	371	16:04	12.10	1:46:05	8:46	44	46:09	426	49:55
Eiserner Handwe	3.60	20:44	5:45	33	7:57	323	8:52	15.70	2:06:49	8:04	43	53:21	412	58:47
Schlüsie	4.10	19:55	4:51	33	7:53	311	8:21	19.80	2:26:44	7:24	43	1:00:53	402	1:07:08
Loddenke	3.10	15:38	5:02	33	5:37	314	6:19	22.90	2:42:22	7:05	40	1:06:01	389	1:13:27
Ilseburg/Markt	3.30	16:42	5:03	33	5:44	263	6:05	26.20	2:59:04	6:50	40	1:11:19	381	1:19:32