



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Heinicke, Mario

Club: Laufgemeinschaft Osterwieck
Number: 586

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 48:35

Speed: 11.11 km/h
Running performance: 5:04 min/km

Rank in course/Total: 36 (of 147)

Rank in course/Men: 32 (of 90)

Best time in course: 37:03

Rank in category: 2(of 6)

Best time in the category: 46:35

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 | 24:16 | 5:55 | 2 | 0:58 | 31 | 5:31 | 4.10 | 24:16 | 5:55 | 2 | 0:58 | 31 | 5:31 |
| Loddenke | 2.20 | 9:50 | 4:28 | 3 | 0:29 | 34 | 5:15 | 6.30 | 34:06 | 5:24 | 2 | 1:27 | 33 | 29:31 |
| Ilseburg/Markt | 3.30 | 14:29 | 4:23 | 2 | 0:33 | 30 | 3:16 | 9.60 | 48:35 | 5:03 | 2 | 2:00 | 32 | 11:32 |