



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Heimbach, Hannes

Club: Niederschmon  
Number: 584

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 58:44

Speed: 9.19 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 91 (of 147)

Rank in course/Men: 69 (of 90)

Best time in course: 37:03

Rank in category: 7(of 7)

Best time in the category: 44:53

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	29:52	7:17	7	7:16	72	11:07	4.10	29:52	7:17	7	7:16	72	11:07
Loddenke	2.20	12:02	5:28	7	3:27	70	7:27	6.30	41:54	6:39	7	10:43	71	37:19
Ilseburg/Markt	3.30	16:50	5:06	7	3:08	63	5:37	9.60	58:44	6:07	7	13:51	69	21:41