



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Heuck, Manuel

Club: Drübeck
Number: 640

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 45:27

Speed: 12.67 km/h
Running performance: 4:44 min/km

Rank in course/Total: 23 (of 169)

Rank in course/Men: 20 (of 101)

Best time in course: 34:38

Rank in category: 3(of 8)

Best time in the category: 44:44

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	22:49	5:33	2	0:39	18	5:49	4.10	22:49	5:33	2	0:39	19	22:49
Loddenke	2.20	9:05	4:07	4	0:27	21	2:18	6.30	31:54	5:03	2	1:06	19	8:07
Ilseburg/Markt	3.30	13:33	4:06	2	0:28	16	2:54	9.60	45:27	4:44	3	0:43	20	10:49