



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Heise, Mario

Club: hzmakler&friends  
Number: 773

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 49:48

Speed: 10.84 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 47 (of 169)

Rank in course/Men: 39 (of 101)

Best time in course: 34:38

Rank in category: 8(of 11)

Best time in the category: 42:18

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	24:32	5:59	5	3:57	33	7:32	4.10	24:32	5:59	5	3:57	34	24:32
Loddenke	2.20	9:47	4:26	7	1:32	40	3:00	6.30	34:19	5:26	6	5:29	37	10:32
Ilseburg/Markt	3.30	15:29	4:41	8	2:01	46	4:50	9.60	49:48	5:11	8	7:30	39	15:10