



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Mario Heinicke

Number: 594

Course: 10.10 km  
10,1 km - Lauf

Category:  
Senioren M60 (60-64) I

Total time: 1:00:37

Speed: 9.90 km/h

Running performance: 6:00 min/km

Rank in course/Total: 61 (of 178)

Rank in course/Men: 52 (of 117)

Best time in course: 38:24

Rank in category: 2(of 13)

Best time in the category: 49:57

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
Ilsestein	4.10	26:58	6:34	2	4:14	48	9:19	4.10	26:58	6:34	2	4:14	48	9:19
Control	0.90	6:51	7:36	3	3:45	56	3:45	5.00	33:49	6:45	3	30:43	49	30:43
Ilsestein	1.00	6:26	6:26	3	1:19	68	2:50	6.00	40:15	6:42	3	24:10	50	24:10
Ilseburg/Markt	4.10	20:22	4:58	3	3:46	61	7:31	10.10	1:00:37	6:00	2	10:40	52	22:13