



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      |