



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Sauer Dr. med., Gerd

Club: Göttingen

Number: 562

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 56:08

Speed: 10.26 km/h

Running performance: 5:51 min/km

Rank in course/Total: 106 (of 170)

Rank in course/Men: 79 (of 111)

Best time in course: 33:31

Rank in category: 2(of 4)

Best time in the category: 46:32

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	28:56	7:03	2	4:55	83	12:33	4.10	28:56	7:03	2	4:55	78	12:15
Loddenke	2.20	11:33	5:15	2	2:30	78	4:59	6.30	40:29	6:25	2	7:25	78	17:14
Ilseburg/Markt	3.30	15:39	4:44	2	2:11	62	5:26	9.60	56:08	5:50	2	9:36	79	22:37