



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Sasse, Thomas

Club: Wolfsburg
Number: 395

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 3:02:46

Speed: 8.54 km/h
Running performance: 6:59 min/km

Rank in course/Total: 348 (of 456)

Rank in course/Men: 304 (of 399)

Best time in course: 1:39:03

Rank in category: 12(of 20)

Best time in the category: 2:22:49

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
Loddenke	3.30	22:41	6:52	17	5:55	353	10:10	3.30	22:41	6:52	10	1:39	247	10:06
Schlüsie	3.10	24:47	7:59	16	5:49	354	11:25	6.40	47:28	7:25	10	2:53	304	21:28
Hermannsklippe	2.60	22:00	8:27	13	4:51	321	10:27	9.00	1:09:28	7:43	10	2:38	304	31:48
Brocken	3.10	35:18	11:23	11	7:20	300	17:17	12.10	1:44:46	8:39	10	0:46	304	48:42
Eiserner Handwe	3.60	20:26	5:40	6	3:53	256	8:23	15.70	2:05:12	7:58	10		304	57:02
Schlüsie	4.10	20:39	5:02	10	4:26	289	9:41	19.80	2:25:51	7:21	10		304	1:06:43
Loddenke	3.10	17:45	5:43	14	4:00	308	8:21	22.90	2:43:36	7:08	10		304	1:15:04
Ilseburg/Markt	3.30	19:10	5:48	11	3:43	291	8:39	26.20	3:02:46	6:58	12	39:57	304	1:23:43