



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Sattler, Heiko

Club: Fahrschule Sattler
Number: 132

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:34:41

Speed: 7.32 km/h
Running performance: 8:11 min/km

Rank in course/Total: 435 (of 456)

Rank in course/Men: 381 (of 399)

Best time in course: 1:39:03

Rank in category: 93(of 99)

Best time in the category: 2:00:26

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	87	8:29	353	10:10	3.30	22:41	6:52	17	0:33	247	10:06
Schlüsie	3.10	25:14	8:08	90	9:10	364	11:52	6.40	47:55	7:29	33	2:03	381	21:55
Hermannsklippe	2.60	24:00	9:13	91	9:45	360	12:27	9.00	1:11:55	7:59	33	5:19	381	34:15
Brocken	3.10	46:45	15:04	97	24:07	395	28:44	12.10	1:58:40	9:48	33	20:41	381	1:02:36
Eiserner Handwe	3.60	24:23	6:46	84	10:00	346	12:20	15.70	2:23:03	9:06	33	22:47	381	1:14:53
Schlüsie	4.10	26:15	6:24	93	12:15	379	15:17	19.80	2:49:18	8:33	33	29:24	381	1:30:10
Loddenke	3.10	22:03	7:06	93	10:54	379	12:39	22.90	3:11:21	8:21	33	36:42	381	1:42:49
Ilseburg/Markt	3.30	23:20	7:04	92	11:13	368	12:49	26.20	3:34:41	8:11	93	1:34:15	381	1:55:38