



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Sandtner, Wolfgang

Club: Aschersleben  
Number: 487

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 4:00:28

Speed: 6.49 km/h  
Running performance: 9:11 min/km

Rank in course/Total: 452 (of 456)

Rank in course/Men: 395 (of 399)

Best time in course: 1:39:03

Rank in category: 98(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	23:08	7:00	92	8:56	367	10:37	3.30	23:08	7:00	28	1:00	201	10:33
Schlüsie	3.10	28:15	9:06	98	12:11	395	14:53	6.40	51:23	8:01	28	5:31	395	25:23
Hermannsklippe	2.60	28:02	10:46	97	13:47	393	16:29	9.00	1:19:25	8:49	28	12:49	395	41:45
Brocken	3.10	47:44	15:23	98	25:06	397	29:43	12.10	2:07:09	10:30	28	29:10	395	1:11:05
Eiserner Handwe	3.60	35:21	9:49	98	20:58	396	23:18	15.70	2:42:30	10:21	28	42:14	395	1:34:20
Schlüsie	4.10	28:29	6:56	97	14:29	388	17:31	19.80	3:10:59	9:38	28	51:05	395	1:51:51
Loddenke	3.10	22:41	7:19	95	11:32	383	13:17	22.90	3:33:40	9:19	28	59:01	395	2:05:08
Ilseburg/Markt	3.30	26:48	8:07	97	14:41	391	16:17	26.20	4:00:28	9:10	98	2:00:02	395	2:21:25