



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Wetterling, Sascha

Club: Königshütte
Number: 564

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 47:17

Speed: 11.42 km/h
Running performance: 4:56 min/km

Rank in course/Total: 35 (of 170)

Rank in course/Men: 28 (of 111)

Best time in course: 33:31

Rank in category: 5(of 11)

Best time in the category: 38:59

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 | 23:54 | 5:49 | 5 | 4:22 | 28 | 7:31 | 4.10 | 23:54 | 5:49 | 5 | 4:22 | 27 | 7:13 |
| Loddenke | 2.20 | 9:11 | 4:10 | 5 | 1:13 | 21 | 2:37 | 6.30 | 33:05 | 5:15 | 5 | 5:20 | 27 | 9:50 |
| Ilseburg/Markt | 3.30 | 14:12 | 4:18 | 5 | 2:58 | 28 | 3:59 | 9.60 | 47:17 | 4:55 | 5 | 8:18 | 28 | 13:46 |