



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