



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Sauer Dr.med., Gerd

Club: Göttingen
Number: 531

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 56:09

Speed: 10.26 km/h
Running performance: 5:51 min/km

Rank in course/Total: 88 (of 175)

Rank in course/Men: 72 (of 119)

Best time in course: 33:35

Rank in category: 4(of 7)

Best time in the category: 47:29

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	28:04	6:50	4	3:38	83	11:26	4.10	28:04	6:50	4	3:38	73	
Loddenke	2.20	12:15	5:34	6	3:06	95	5:32	6.30	40:19	6:23	4	6:44	73	0:43
Ilseburg/Markt	3.30	15:50	4:47	5	1:56	63	5:38	9.60	56:09	5:50	4	8:40	73	22:34