



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Sattler, Heiko

Club: Fahrschule Sattler  
Number: 483

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 3:23:22

Speed: 7.67 km/h  
Running performance: 7:46 min/km

Rank in course/Total: 460 (of 492)

Rank in course/Men: 383 (of 415)

Best time in course: 1:38:33

Rank in category: 59(of 62)

Best time in the category: 2:03:47

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	21:23	6:28	54	6:13	337	9:31	3.30	21:23	6:28	29	0:30	391	1:47
Schlüsie	3.10	25:23	8:11	59	9:01	392	12:25	6.40	46:46	7:18	29	4:04	390	21:56
Hermannsklippe	2.60	25:23	9:45	62	11:02	401	13:52	9.00	1:12:09	8:01	29	8:38	390	35:48
Brocken	3.10	41:53	13:30	62	17:43	406	24:03	12.10	1:54:02	9:25	29	17:39	390	59:51
Eiserner Handwe	3.60	22:01	6:06	54	7:11	340	9:59	15.70	2:16:03	8:39	29	18:14	390	1:09:50
Schlüsie	4.10	23:06	5:38	57	9:03	381	11:36	19.80	2:39:09	8:02	29	21:58	390	1:21:26
Loddenke	3.10	20:36	6:38	61	8:47	390	10:46	22.90	2:59:45	7:50	29	27:19	390	1:32:12
Ilseburg/Markt	3.30	23:37	7:09	61	10:57	394	15:05	26.20	3:23:22	7:45	61	1:19:35	394	1:44:49