



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Sattler, Heiko

Club: Fahrschule Sattler
Number: 806

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 57:20

Speed: 9.42 km/h
Running performance: 5:58 min/km

Rank in course/Total: 128 (of 193)

Rank in course/Men: 100 (of 136)

Best time in course: 33:44

Rank in category: 3(of 7)

Best time in the category: 49:40

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|----------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Loddenke | 6.30 | 40:28 | 6:25 | 3 | 5:27 | 103 | 17:28 | 6.30 | 40:28 | 6:25 | 3 | 5:27 | 103 | 17:28 |
| Ilseburg/Markt | 3.30 | 16:52 | 5:06 | 2 | 2:13 | 92 | 6:35 | 9.60 | 57:20 | 5:58 | 3 | 7:40 | 100 | 23:36 |