



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