



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Sauer Dr., Gerd

Club: asc Göttingen  
Number: 642

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:00:38

Speed: 9.50 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 154 (of 193)

Rank in course/Men: 115 (of 136)

Best time in course: 33:44

Rank in category: 5(of 9)

Best time in the category: 44:14

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	43:17	6:52	6	12:14	116	20:17	6.30	43:17	6:52	6	12:14	116	20:17
Ilseburg/Markt	3.30	17:21	5:15	5	4:10	107	7:04	9.60	1:00:38	6:18	5	16:24	115	26:54