



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

SAUER, Gerd

Club: ASC Göttingen  
Number: 774

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:02:57

Speed: 8.58 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 154 (of 181)

Rank in course/Men: 110 (of 120)

Best time in course: 33:03

Rank in category: 5(of 6)

Best time in the category: 55:29

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	31:21	7:38	5	2:38	108	15:03	4.10	31:21	7:38	5	2:38	108	15:03
Loddenke	2.20	13:54	6:19	6	2:55	113	7:22	6.30	45:15	7:10	5	5:33	110	22:25
Ilseburg/Markt	3.30	17:42	5:21	4	1:55	104	7:38	9.60	1:02:57	6:33	5	7:28	110	29:54