



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Suttkus, Thorsten

Club: SV Harzfalke Tanne  
Number: 785

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 41:49

Speed: 13.77 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 9 (of 230)

Rank in course/Men: 9 (of 136)

Best time in course: 34:12

Rank in category: 1(of 14)

Best time in the category: 41:49

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
Ilsestein	4.10	20:54	5:05	1	-	11	3:50	4.10	20:54	5:05	1	-	11	3:50
Loddenke	2.20	8:17	3:45	1	-	10	1:29	6.30	29:11	4:37	1	-	10	5:19
Ilseburg/Markt	3.30	12:38	3:49	2	0:19	11	2:18	9.60	41:49	4:21	1	-	10	7:37