



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Sauer Dr.med., Gerd

Club: ASC Göttingen
Number: 747

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 1:00:33

Speed: 8.92 km/h
Running performance: 6:19 min/km

Rank in course/Total: 145 (of 230)

Rank in course/Men: 99 (of 136)

Best time in course: 34:12

Rank in category: 2(of 4)

Best time in the category: 58:07

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	29:47	7:15	1	-	97	12:43	4.10	29:47	7:15	1	-	97	12:43
Loddenke	2.20	12:43	5:46	3	0:58	116	5:55	6.30	42:30	6:44	2	0:50	100	18:38
Ilseburg/Markt	3.30	18:03	5:28	2	1:36	104	7:43	9.60	1:00:33	6:18	2	2:26	100	26:21