



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Sattler, Heiko

Club: Fahrschule Sattler  
Number: 848

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 58:29

Speed: 9.85 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 132 (of 210)

Rank in course/Men: 96 (of 132)

Best time in course: 33:33

Rank in category: 7(of 11)

Best time in the category: 38:42

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	29:26	7:10	7	10:01	97	13:06	4.10	29:26	7:10	7	10:01	97	13:06
Loddenke	2.20	12:07	5:30	8	4:36	107	5:22	6.30	41:33	6:35	7	14:37	96	18:26
Ilseburg/Markt	3.30	16:56	5:07	6	5:10	91	6:30	9.60	58:29	6:05	7	19:47	96	24:56