



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Kagel, Sebastian

Club: Hamburg  
Number: 52

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:41:53

Speed: 9.64 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 259 (of 529)

Rank in course/Men: 233 (of 447)

Best time in course: 1:39:39

Rank in category: 40(of 59)

Best time in the category: 1:54:51

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:48	5:41	33	4:48	175	9:11	3.30	18:48	5:41	33	4:48	175	9:11
Schlüsie	3.10	21:27	6:55	39	5:18	188	7:37	6.40	40:15	6:17	37	10:06	184	14:11
Hermannsklippe	2.60	19:07	7:21	45	5:26	255	7:26	9.00	59:22	6:35	41	15:24	213	21:32
Brocken	3.10	31:23	10:07	44	10:57	253	13:08	12.10	1:30:45	7:30	41	25:34	231	34:40
Eiserner Handwe	3.60	17:43	4:55	30	4:22	156	5:13	15.70	1:48:28	6:54	39	29:56	217	39:53
Schlüsie	4.10	19:13	4:41	45	6:32	263	6:49	19.80	2:07:41	6:26	38	36:28	222	46:40
Loddenke	3.10	16:16	5:14	46	5:29	305	5:56	22.90	2:23:57	6:17	38	40:32	226	52:36
Ilseburg/Markt	3.30	17:56	5:26	44	5:48	289	9:38	26.20	2:41:53	6:10	40	47:02	233	1:02:14