



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

**Sewekow, Klaus**

Club: ESV 49 Angermünde -Die Lokvögel-  
Number: 343

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:43:17

Speed: 9.55 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 273 (of 529)

Rank in course/Men: 248 (of 447)

Best time in course: 1:39:39

Rank in category: 26(of 58)

Best time in the category: 2:02:30

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	20:29	6:12	36	5:24	298	10:52	3.30	20:29	6:12	36	5:24	298	10:52
Schlüsie	3.10	23:12	7:29	30	6:22	279	9:22	6.40	43:41	6:49	34	11:46	288	17:37
Hermannsklippe	2.60	18:22	7:03	17	4:11	209	6:41	9.00	1:02:03	6:53	28	15:57	268	24:13
Brocken	3.10	30:26	9:49	20	7:42	216	12:11	12.10	1:32:29	7:38	26	23:39	251	36:24
Eiserner Handwe	3.60	19:51	5:30	31	5:00	276	7:21	15.70	1:52:20	7:09	28	28:39	259	43:45
Schlüsie	4.10	19:43	4:48	28	5:31	286	7:19	19.80	2:12:03	6:40	29	34:10	265	51:02
Loddenke	3.10	15:10	4:53	20	3:37	229	4:50	22.90	2:27:13	6:25	27	37:47	258	55:52
Ilseburg/Markt	3.30	16:04	4:52	16	3:00	180	7:46	26.20	2:43:17	6:13	26	40:47	248	1:03:38