



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Seidel, Gunnar

Club: Team Erdinger Alkoholfrei
Number: 469

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:18:55

Speed: 7.84 km/h
Running performance: 7:35 min/km

Rank in course/Total: 471 (of 529)

Rank in course/Men: 407 (of 447)

Best time in course: 1:39:39

Rank in category: 77(of 85)

Best time in the category: 1:59:41

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
Loddenke	3.30	24:37	7:27	84	10:00	432	15:00	3.30	24:37	7:27	84	10:00	432	15:00
Schlüsie	3.10	26:28	8:32	78	9:51	406	12:38	6.40	51:05	7:58	79	19:51	418	25:01
Hermannsklippe	2.60	23:00	8:50	73	8:45	396	11:19	9.00	1:14:05	8:13	78	28:36	411	36:15
Brocken	3.10	37:03	11:57	74	14:19	390	18:48	12.10	1:51:08	9:11	76	42:46	409	55:03
Eiserner Handwe	3.60	23:28	6:31	77	8:53	400	10:58	15.70	2:14:36	8:34	77	51:39	408	1:06:01
Schlüsie	4.10	22:20	5:26	74	8:29	375	9:56	19.80	2:36:56	7:55	78	1:00:08	404	1:15:55
Loddenke	3.10	19:15	6:12	72	8:15	392	8:55	22.90	2:56:11	7:41	76	1:08:23	399	1:24:50
Ilseburg/Markt	3.30	22:44	6:53	77	10:51	406	14:26	26.20	3:18:55	7:35	77	1:19:14	407	1:39:16