



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Sebach, Michael

Club: Weserpeser
Number: 213

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:54:36

Speed: 6.65 km/h
Running performance: 8:57 min/km

Rank in course/Total: 518 (of 529)

Rank in course/Men: 439 (of 447)

Best time in course: 1:39:39

Rank in category: 84(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	25:36	7:45	85	10:59	437	15:59	3.30	25:36	7:45	85	10:59	437	15:59
Schlüsie	3.10	30:49	9:56	84	14:12	435	16:59	6.40	56:25	8:48	85	25:11	439	30:21
Hermannsklippe	2.60	25:14	9:42	82	10:59	432	13:33	9.00	1:21:39	9:04	85	36:10	438	43:49
Brocken	3.10	41:33	13:24	83	18:49	434	23:18	12.10	2:03:12	10:10	83	54:50	438	1:07:07
Eiserner Handwe	3.60	26:37	7:23	82	12:02	427	14:07	15.70	2:29:49	9:32	84	1:06:52	436	1:21:14
Schlüsie	4.10	31:06	7:35	85	17:15	442	18:42	19.80	3:00:55	9:08	84	1:24:07	438	1:39:54
Loddenke	3.10	25:39	8:16	83	14:39	438	15:19	22.90	3:26:34	9:01	84	1:38:46	436	1:55:13
Ilseburg/Markt	3.30	28:02	8:29	84	16:09	439	19:44	26.20	3:54:36	8:57	84	1:54:55	439	2:14:57