



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

SEIDEL, Carsten

Club: Skiklub Oker/Harz
Number: 114

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:37:03

Speed: 9.93 km/h
Running performance: 5:59 min/km

Rank in course/Total: 245 (of 500)

Rank in course/Men: 227 (of 423)

Best time in course: 1:35:36

Rank in category: 55(of 85)

Best time in the category: 1:44:53

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	18:40	5:39	42	5:47	187	6:41	3.30	18:40	5:39	42	5:47	187	6:41
Schlüsie	3.10	21:11	6:49	62	6:45	264	8:26	6.40	39:51	6:13	53	12:32	221	15:07
Hermannsklippe	2.60	19:07	7:21	59	6:20	267	7:56	9.00	58:58	6:33	60	18:43	245	23:03
Brocken	3.10	31:14	10:04	59	11:26	273	13:50	12.10	1:30:12	7:27	60	30:09	251	36:53
Eiserner Handwe	3.60	19:14	5:20	57	7:22	239	7:34	15.70	1:49:26	6:58	60	37:31	249	44:27
Schlüsie	4.10	17:16	4:12	34	5:20	159	6:15	19.80	2:06:42	6:23	56	42:51	237	50:42
Loddenke	3.10	14:11	4:34	43	4:14	190	4:55	22.90	2:20:53	6:09	56	47:05	233	55:37
Ilseburg/Markt	3.30	16:10	4:53	56	5:05	226	5:50	26.20	2:37:03	5:59	55	52:10	229	1:01:27