



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

SEEFELD, Christian

Club: TSV Immenrode
Number: 425

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:03:48

Speed: 8.49 km/h
Running performance: 7:01 min/km

Rank in course/Total: 421 (of 500)

Rank in course/Men: 369 (of 423)

Best time in course: 1:35:36

Rank in category: 48(of 53)

Best time in the category: 1:54:00

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	22:45	6:53	51	8:47	391	10:46	3.30	22:45	6:53	51	8:47	391	10:46
Schlüsie	3.10	22:57	7:24	48	7:24	358	10:12	6.40	45:42	7:08	50	16:11	374	20:58
Hermannsklippe	2.60	19:58	7:40	40	6:15	317	8:47	9.00	1:05:40	7:17	46	22:26	356	29:45
Brocken	3.10	33:10	10:41	43	12:31	324	15:46	12.10	1:38:50	8:10	44	34:29	351	45:31
Eiserner Handwe	3.60	23:10	6:26	47	9:53	377	11:30	15.70	2:02:00	7:46	49	44:22	362	57:01
Schlüsie	4.10	23:44	5:47	51	10:56	393	12:43	19.80	2:25:44	7:21	49	55:18	367	1:09:44
Loddenke	3.10	18:45	6:02	51	7:46	391	9:29	22.90	2:44:29	7:10	49	1:03:04	371	1:19:13
Ilseburg/Markt	3.30	19:19	5:51	49	6:44	371	8:59	26.20	3:03:48	7:00	49	1:09:48	371	1:28:12