



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Seidel, Carsten

Club: Skiklub Oker
Number: 770

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 52:08

Speed: 10.36 km/h
Running performance: 5:26 min/km

Rank in course/Total: 71 (of 230)

Rank in course/Men: 60 (of 136)

Best time in course: 34:12

Rank in category: 11(of 14)

Best time in the category: 41:49

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
Ilsestein	4.10	26:35	6:29	11	5:41	60	9:31	4.10	26:35	6:29	11	5:41	60	9:31
Loddenke	2.20	10:25	4:44	11	2:08	60	3:37	6.30	37:00	5:52	11	7:49	61	13:08
Ilseburg/Markt	3.30	15:08	4:35	10	2:49	58	4:48	9.60	52:08	5:25	11	10:19	61	17:56