



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Seidel, Stefan

Club: Wedemark  
Number: 774

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:01:21

Speed: 8.80 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 158 (of 230)

Rank in course/Men: 107 (of 136)

Best time in course: 34:12

Rank in category: 7(of 11)

Best time in the category: 48:35

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	31:27	7:40	9	7:44	113	14:23	4.10	31:27	7:40	9	7:44	113	14:23
Loddenke	2.20	12:21	5:36	5	2:29	105	5:33	6.30	43:48	6:57	8	10:13	112	19:56
Ilseburg/Markt	3.30	17:33	5:19	6	2:53	96	7:13	9.60	1:01:21	6:23	7	12:46	108	27:09