



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Seeger, Christian

Club: TVE Algermissen  
Number: 769

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:05:05

Speed: 8.30 km/h  
Running performance: 6:47 min/km

Rank in course/Total: 194 (of 230)

Rank in course/Men: 121 (of 136)

Best time in course: 34:12

Rank in category: 15(of 16)

Best time in the category: 46:01

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	33:16	8:06	14	9:41	126	16:12	4.10	33:16	8:06	14	9:41	126	16:12
Loddenke	2.20	12:12	5:32	15	3:49	99	5:24	6.30	45:28	7:13	15	12:43	117	21:36
Ilseburg/Markt	3.30	19:37	5:56	15	6:27	119	9:17	9.60	1:05:05	6:46	15	19:04	122	30:53