



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Meißner, Sebastian

Club: Handballverein Wernigerode  
Number: 498

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:57:24

Speed: 13.39 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 10 (of 506)

Rank in course/Men: 10 (of 416)

Best time in course: 1:44:43

Rank in category: 2(of 48)

Best time in the category: 1:44:43

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	15:08	4:35	5	1:42	22	1:42	3.30	15:08	4:35	5	1:42	22	1:42
Bremer Hütte	2.40	13:01	5:25	3	1:54	21	1:55	5.70	28:09	4:56	3	3:36	19	3:37
Hermannsklippe	3.30	17:15	5:13	3	2:23	14	2:23	9.00	45:24	5:02	3	5:59	17	5:59
Brocken	3.10	22:09	7:08	3	3:48	16	3:48	12.10	1:07:33	5:34	3	9:47	16	9:47
Eiserner Handwe	3.60	13:36	3:46	2	1:04	8	1:04	15.70	1:21:09	5:10	3	10:51	16	10:51
Bremer Hütte	4.10	15:31	3:47	2	0:20	4	0:37	19.80	1:36:40	4:52	2	11:11	11	11:11
Loddenke	3.10	8:15	2:39	2	0:17	5	0:17	22.90	1:44:55	4:34	2	11:28	10	11:28
Ilseburg/Markt	3.30	12:29	3:46	2	1:13	7	1:13	26.20	1:57:24	4:28	2	12:41	10	12:41