



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

**Sdrenka, Sebastian**

Club: Harzer Keiler e.V.  
Number: 513

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:15:26

Speed: 11.52 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 55 (of 506)

Rank in course/Men: 52 (of 416)

Best time in course: 1:44:43

Rank in category: 9(of 45)

Best time in the category: 1:49:19

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	17:13	5:13	10	3:47	73	3:47	3.30	17:13	5:13	10	3:47	73	3:47
Bremer Hütte	2.40	14:01	5:50	8	2:55	49	2:55	5.70	31:14	5:28	10	6:42	61	6:42
Hermannsklippe	3.30	19:23	5:52	9	4:29	57	4:31	9.00	50:37	5:37	10	11:11	57	11:12
Brocken	3.10	24:58	8:03	9	5:58	48	6:37	12.10	1:15:35	6:14	8	17:09	51	17:49
Eiserner Handwe	3.60	15:24	4:16	7	2:19	33	2:52	15.70	1:30:59	5:47	8	18:44	48	20:41
Bremer Hütte	4.10	19:26	4:44	12	3:49	82	4:32	19.80	1:50:25	5:34	9	22:25	50	24:56
Loddenke	3.10	10:22	3:20	11	2:15	84	2:24	22.90	2:00:47	5:16	9	24:06	53	27:20
Ilseburg/Markt	3.30	14:39	4:26	14	3:10	83	3:23	26.20	2:15:26	5:10	9	26:07	52	30:43