



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Sehring, Florian

Club: Harzer Keiler e.V.
Number: 372

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:29:02

Speed: 10.47 km/h
Running performance: 5:41 min/km

Rank in course/Total: 147 (of 506)

Rank in course/Men: 136 (of 416)

Best time in course: 1:44:43

Rank in category: 12(of 29)

Best time in the category: 1:49:27

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	18:20	5:33	15	4:54	140	4:54	3.30	18:20	5:33	15	4:54	140	4:54
Bremer Hütte	2.40	15:51	6:36	15	4:36	162	4:45	5.70	34:11	5:59	15	9:30	151	9:39
Hermannsklippe	3.30	21:35	6:32	15	5:58	167	6:43	9.00	55:46	6:11	15	15:28	159	16:21
Brocken	3.10	28:08	9:04	15	7:51	155	9:47	12.10	1:23:54	6:56	15	23:19	150	26:08
Eiserner Handwe	3.60	18:13	5:03	12	5:06	146	5:41	15.70	1:42:07	6:30	12	28:25	141	31:49
Bremer Hütte	4.10	21:25	5:13	13	6:31	158	6:31	19.80	2:03:32	6:14	12	34:56	141	38:03
Loddenke	3.10	10:33	3:24	10	2:32	100	2:35	22.90	2:14:05	5:51	12	37:28	137	40:38
Ilseburg/Markt	3.30	14:57	4:31	10	2:34	105	3:41	26.20	2:29:02	5:41	12	39:35	136	44:19