



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Selzner, Mike

Club: Wolfsburg
Number: 373

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:45:33

Speed: 9.42 km/h
Running performance: 6:19 min/km

Rank in course/Total: 281 (of 506)

Rank in course/Men: 253 (of 416)

Best time in course: 1:44:43

Rank in category: 44(of 72)

Best time in the category: 2:13:51

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	19:26	5:53	42	4:00	218	6:00	3.30	19:26	5:53	42	4:00	218	6:00
Bremer Hütte	2.40	15:59	6:39	24	2:03	168	4:53	5.70	35:25	6:12	35	4:49	195	10:53
Hermannsklippe	3.30	22:23	6:46	30	3:48	207	7:31	9.00	57:48	6:25	32	8:37	193	18:23
Brocken	3.10	30:33	9:51	33	6:34	230	12:12	12.10	1:28:21	7:18	32	15:11	212	30:35
Eiserner Handwe	3.60	21:27	5:57	50	5:54	296	8:55	15.70	1:49:48	6:59	38	20:13	231	39:30
Bremer Hütte	4.10	24:05	5:52	45	5:35	281	9:11	19.80	2:13:53	6:45	40	25:06	244	48:24
Loddenke	3.10	13:59	4:30	56	4:49	337	6:01	22.90	2:27:52	6:27	43	27:40	256	54:25
Ilseburg/Markt	3.30	17:41	5:21	48	4:33	273	6:25	26.20	2:45:33	6:19	44	31:42	253	1:00:50