



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Elbracht, Sebastian

Club: BSG-Jägermeister  
Number: 109

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:46:23

Speed: 9.38 km/h  
Running performance: 6:21 min/km

Rank in course/Total: 290 (of 506)

Rank in course/Men: 260 (of 416)

Best time in course: 1:44:43

Rank in category: 32(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	20:54	6:19	36	7:28	296	7:28	3.30	20:54	6:19	36	7:28	296	7:28
Bremer Hütte	2.40	16:57	7:03	32	5:50	235	5:51	5.70	37:51	6:38	33	13:18	274	13:19
Hermannsklippe	3.30	23:11	7:01	33	8:19	243	8:19	9.00	1:01:02	6:46	34	21:37	266	21:37
Brocken	3.10	30:58	9:59	33	12:37	243	12:37	12.10	1:32:00	7:36	33	34:14	260	34:14
Eiserner Handwe	3.60	21:32	5:58	37	9:00	300	9:00	15.70	1:53:32	7:13	34	43:14	272	43:14
Bremer Hütte	4.10	23:24	5:42	35	8:13	260	8:30	19.80	2:16:56	6:54	34	51:27	266	51:27
Loddenke	3.10	12:06	3:54	29	4:08	224	4:08	22.90	2:29:02	6:30	33	55:35	262	55:35
Ilseburg/Markt	3.30	17:21	5:15	31	6:05	252	6:05	26.20	2:46:23	6:21	32	1:01:40	260	1:01:40