



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Seidel, Stefan

Club: Wedemark
Number: 783

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 59:48

Speed: 9.03 km/h
Running performance: 6:14 min/km

Rank in course/Total: 146 (of 210)

Rank in course/Men: 104 (of 132)

Best time in course: 33:33

Rank in category: 9(of 11)

Best time in the category: 38:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	29:47	7:15	8	10:22	99	13:27	4.10	29:47	7:15	8	10:22	99	13:27
Loddenke	2.20	12:18	5:35	9	4:47	110	5:33	6.30	42:05	6:40	8	15:09	100	18:58
Ilseburg/Markt	3.30	17:43	5:22	9	5:57	105	7:17	9.60	59:48	6:13	9	21:06	104	26:15