



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Meißner, Sebastian

Club: Handballverein Wernigerode  
Number: 335

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:53:46

Speed: 13.71 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 9 (of 581)

Rank in course/Men: 9 (of 475)

Best time in course: 1:39:32

Rank in category: 1(of 55)

Best time in the category: 1:53:46

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Loddenke        | 3.30        | 14:27         | 4:22            | 4           | 0:45           | 18          | 1:23          | 3.30          | 14:27         | 4:22            | 4           | 0:45           | 18         | 1:23          |
| Schlüsie        | 3.10        | 15:16         | 4:55            | 4           | 0:12           | 12          | 1:38          | 6.40          | 29:43         | 4:38            | 4           | 0:55           | 15         | 3:00          |
| Hermannsklippe  | 2.60        | 13:19         | 5:07            | 3           | 0:24           | 14          | 1:55          | 9.00          | 43:02         | 4:46            | 4           | 1:10           | 13         | 4:55          |
| Brocken         | 3.10        | 21:17         | 6:51            | 2           | 0:51           | 11          | 3:14          | 12.10         | 1:04:19       | 5:18            | 3           | 1:21           | 13         | 8:09          |
| Eiserner Handwe | 3.60        | 13:10         | 3:39            | 1           | -              | 4           | 1:18          | 15.70         | 1:17:29       | 4:56            | 1           | -              | 9          | 9:27          |
| Schlüsie        | 4.10        | 12:46         | 3:06            | 1           | -              | 5           | 1:12          | 19.80         | 1:30:15       | 4:33            | 1           | -              | 8          | 10:39         |
| Loddenke        | 3.10        | 10:58         | 3:32            | 2           | 0:11           | 8           | 1:39          | 22.90         | 1:41:13       | 4:25            | 1           | -              | 9          | 12:18         |
| Ilseburg/Markt  | 3.30        | 12:33         | 3:48            | 4           | 0:24           | 13          | 1:56          | 26.20         | 1:53:46       | 4:20            | 1           | -              | 9          | 14:14         |