



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Abel, Sebastian

Club: Kassel
Number: 32

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:59:29

Speed: 13.06 km/h
Running performance: 4:34 min/km

Rank in course/Total: 19 (of 581)

Rank in course/Men: 19 (of 475)

Best time in course: 1:39:32

Rank in category: 5(of 55)

Best time in the category: 1:53:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Loddenke	3.30	14:32	4:24	5	0:50	20	1:28	3.30	14:32	4:24	5	0:50	20	1:28				
Schlüsie	3.10	15:14	4:54	3	0:10	11	1:36	6.40	29:46	4:39	5	0:58	16	3:03				
Hermannsklippe	2.60	13:21	5:08	4	0:26	15	1:57	9.00	43:07	4:47	5	1:15	15	5:00				
Brocken	3.10	23:16	7:30	7	2:50	30	5:13	12.10	1:06:23	5:29	5	3:25	19	10:13				
Eiserner Handwe	3.60	14:58	4:09	7	1:48	32	3:06	15.70	1:21:21	5:10	5	3:52	20	13:19				
Schlüsie	4.10	14:10	3:27	8	1:24	28	2:36	19.80	1:35:31	4:49	5	5:16	21	15:55				
Loddenke	3.10	11:34	3:43	4	0:47	21	2:15	22.90	1:47:05	4:40	5	5:52	20	18:10				
Ilseburg/Markt	3.30	12:24	3:45	3	0:15	12	1:47	26.20	1:59:29	4:33	5	5:43	19	19:57				