



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Sdrenka, Sebastian

Club: Harzer Keiler e.V.
Number: 637

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:14:08

Speed: 11.63 km/h
Running performance: 5:07 min/km

Rank in course/Total: 72 (of 581)

Rank in course/Men: 69 (of 475)

Best time in course: 1:39:32

Rank in category: 14(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 km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Loddenke | 3.30 | 16:50 | 5:06 | 13 | 3:08 | 82 | 3:46 | 3.30 | 16:50 | 5:06 | 13 | 3:08 | 82 | 3:46 |
| Schlüsie | 3.10 | 17:11 | 5:32 | 9 | 2:07 | 48 | 3:33 | 6.40 | 34:01 | 5:18 | 11 | 5:13 | 60 | 7:18 |
| Hermannsklippe | 2.60 | 15:03 | 5:47 | 11 | 2:08 | 57 | 3:39 | 9.00 | 49:04 | 5:27 | 11 | 7:12 | 59 | 10:57 |
| Brocken | 3.10 | 24:40 | 7:57 | 12 | 4:14 | 51 | 6:37 | 12.10 | 1:13:44 | 6:05 | 10 | 10:46 | 52 | 17:34 |
| Eiserner Handwe | 3.60 | 15:58 | 4:26 | 10 | 2:48 | 64 | 4:06 | 15.70 | 1:29:42 | 5:42 | 10 | 12:13 | 53 | 21:40 |
| Schlüsie | 4.10 | 17:04 | 4:09 | 21 | 4:18 | 153 | 5:30 | 19.80 | 1:46:46 | 5:23 | 12 | 16:31 | 62 | 27:10 |
| Loddenke | 3.10 | 13:21 | 4:18 | 16 | 2:34 | 118 | 4:02 | 22.90 | 2:00:07 | 5:14 | 14 | 18:54 | 66 | 31:12 |
| Ilseburg/Markt | 3.30 | 14:01 | 4:14 | 11 | 1:52 | 68 | 3:24 | 26.20 | 2:14:08 | 5:07 | 14 | 20:22 | 69 | 34:36 |