



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