



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Seeger, Sven

Club: Hannover Runners  
Number: 472

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:26:13

Speed: 10.75 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 151 (of 581)

Rank in course/Men: 146 (of 475)

Best time in course: 1:39:32

Rank in category: 20(of 68)

Best time in the category: 1:51:26

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	18:41	5:39	27	4:50	200	5:37	3.30	18:41	5:39	27	4:50	200	5:37
Schlüsie	3.10	19:45	6:22	25	4:52	189	6:07	6.40	38:26	6:00	24	9:38	191	11:43
Hermannsklippe	2.60	16:56	6:30	20	4:13	156	5:32	9.00	55:22	6:09	24	13:51	178	17:15
Brocken	3.10	28:08	9:04	22	7:01	171	10:05	12.10	1:23:30	6:54	23	20:52	173	27:20
Eiserner Handwe	3.60	18:34	5:09	33	5:20	213	6:42	15.70	1:42:04	6:30	23	26:11	169	34:02
Schlüsie	4.10	17:03	4:09	22	4:06	152	5:29	19.80	1:59:07	6:00	23	30:13	164	39:31
Loddenke	3.10	13:16	4:16	16	2:39	110	3:57	22.90	2:12:23	5:46	23	32:52	160	43:28
Ilseburg/Markt	3.30	13:50	4:11	9	1:55	61	3:13	26.20	2:26:13	5:34	20	34:47	146	46:41