



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Selzner, Mike

Club: Wolfsburg  
Number: 476

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:47:58

Speed: 9.29 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 349 (of 581)

Rank in course/Men: 319 (of 475)

Best time in course: 1:39:32

Rank in category: 53(of 77)

Best time in the category: 1:59:26

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	19:49	6:00	48	5:53	270	6:45	3.30	19:49	6:00	48	5:53	270	6:45
Schlüsie	3.10	20:32	6:37	40	5:04	247	6:54	6.40	40:21	6:18	43	10:57	253	13:38
Hermannsklippe	2.60	18:26	7:05	45	4:55	275	7:02	9.00	58:47	6:31	46	15:43	271	20:40
Brocken	3.10	32:12	10:23	49	10:44	308	14:09	12.10	1:30:59	7:31	48	26:27	285	34:49
Eiserner Handwe	3.60	20:46	5:46	52	6:21	325	8:54	15.70	1:51:45	7:07	48	32:03	291	43:43
Schlüsie	4.10	21:04	5:08	60	6:57	371	9:30	19.80	2:12:49	6:42	53	38:25	304	53:13
Loddenke	3.10	15:57	5:08	54	4:17	328	6:38	22.90	2:28:46	6:29	52	42:29	309	59:51
Ilseburg/Markt	3.30	19:12	5:49	64	6:10	383	8:35	26.20	2:47:58	6:24	53	48:32	319	1:08:26