



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Sehring, Florian

Club: Harzer Keiler e.V.
Number: 607

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:57:55

Speed: 8.84 km/h
Running performance: 6:47 min/km

Rank in course/Total: 418 (of 581)

Rank in course/Men: 374 (of 475)

Best time in course: 1:39:32

Rank in category: 38(of 47)

Best time in the category: 1:47:45

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	20:59	6:21	36	7:55	342	7:55	3.30	20:59	6:21	36	7:55	342	7:55
Schlüsie	3.10	22:57	7:24	41	8:49	374	9:19	6.40	43:56	6:51	38	16:31	369	17:13
Hermannsklippe	2.60	19:19	7:25	36	6:55	322	7:55	9.00	1:03:15	7:01	36	23:26	354	25:08
Brocken	3.10	34:15	11:02	40	14:25	376	16:12	12.10	1:37:30	8:03	39	37:34	365	41:20
Eiserner Handwe	3.60	24:21	6:45	42	11:34	423	12:29	15.70	2:01:51	7:45	40	48:23	379	53:49
Schlüsie	4.10	21:09	5:09	39	9:07	374	9:35	19.80	2:23:00	7:13	39	57:09	378	1:03:24
Loddenke	3.10	16:36	5:21	38	6:35	361	7:17	22.90	2:39:36	6:58	39	1:03:15	373	1:10:41
Ilseburg/Markt	3.30	18:19	5:33	35	7:21	348	7:42	26.20	2:57:55	6:47	38	1:10:10	374	1:18:23