



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Schrün, Markus

Club: Brockenlaufverein Ilseburg  
Number: 499

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:18:18

Speed: 11.28 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 64 (of 529)

Rank in course/Men: 59 (of 447)

Best time in course: 1:39:39

Rank in category: 8(of 30)

Best time in the category: 1:39:39

| 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     | 15:59      | 4:50         | 8        | 6:22        | 36      | 6:22       | 3.30     | 15:59         | 4:50         | 8        | 6:22        | 36      | 6:22       |
| Schlüsie           | 3.10     | 17:58      | 5:47         | 6        | 2:04        | 28      | 4:08       | 6.40     | 33:57         | 5:18         | 7        | 7:48        | 31      | 7:53       |
| Hermannsklippe     | 2.60     | 15:53      | 6:06         | 8        | 4:12        | 47      | 4:12       | 9.00     | 49:50         | 5:32         | 7        | 12:00       | 32      | 12:00      |
| Brocken            | 3.10     | 26:45      | 8:37         | 10       | 8:30        | 83      | 8:30       | 12.10    | 1:16:35       | 6:19         | 8        | 20:30       | 46      | 20:30      |
| Eiserner Handwe    | 3.60     | 16:30      | 4:34         | 9        | 4:00        | 80      | 4:00       | 15.70    | 1:33:05       | 5:55         | 8        | 24:30       | 49      | 24:30      |
| Schlüsie           | 4.10     | 16:12      | 3:57         | 9        | 3:46        | 84      | 3:48       | 19.80    | 1:49:17       | 5:31         | 8        | 28:16       | 53      | 28:16      |
| Loddenke           | 3.10     | 13:30      | 4:21         | 10       | 3:10        | 97      | 3:10       | 22.90    | 2:02:47       | 5:21         | 8        | 31:26       | 56      | 31:26      |
| Ilseburg/Markt     | 3.30     | 15:31      | 4:42         | 14       | 7:13        | 141     | 7:13       | 26.20    | 2:18:18       | 5:16         | 8        | 38:39       | 59      | 38:39      |