



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Bukowski, Markus

Club: Sportlich-Team Bornheim
Number: 80

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:36:34

Speed: 10.04 km/h
Running performance: 5:59 min/km

Rank in course/Total: 208 (of 506)

Rank in course/Men: 190 (of 416)

Best time in course: 1:44:43

Rank in category: 27(of 45)

Best time in the category: 1:49:19

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	19:51	6:00	30	6:25	244	6:25	3.30	19:51	6:00	30	6:25	244	6:25
Bremer Hütte	2.40	16:46	6:59	33	5:40	222	5:40	5.70	36:37	6:25	29	12:05	231	12:05
Hermannsklippe	3.30	22:10	6:43	29	7:16	195	7:18	9.00	58:47	6:31	31	19:21	219	19:22
Brocken	3.10	29:22	9:28	26	10:22	190	11:01	12.10	1:28:09	7:17	31	29:43	208	30:23
Eiserner Handwe	3.60	18:56	5:15	20	5:51	180	6:24	15.70	1:47:05	6:49	26	34:50	197	36:47
Bremer Hütte	4.10	22:37	5:30	29	7:00	222	7:43	19.80	2:09:42	6:33	30	41:42	203	44:13
Loddenke	3.10	11:24	3:40	22	3:17	171	3:26	22.90	2:21:06	6:09	30	44:25	197	47:39
Ilseburg/Markt	3.30	15:28	4:41	23	3:59	139	4:12	26.20	2:36:34	5:58	27	47:15	190	51:51