



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Schakowske, Björn

Club: SV Wollershausen  
Number: 328

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:48:30

Speed: 9.26 km/h  
Running performance: 6:26 min/km

Rank in course/Total: 304 (of 506)

Rank in course/Men: 273 (of 416)

Best time in course: 1:44:43

Rank in category: 33(of 45)

Best time in the category: 1:49:19

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Loddenke        | 3.30        | 18:51         | 5:42            | 23          | 5:25           | 189         | 5:25          | 3.30          | 18:51         | 5:42            | 23          | 5:25           | 189        | 5:25          |
| Bremer Hütte    | 2.40        | 17:07         | 7:07            | 35          | 6:01           | 246         | 6:01          | 5.70          | 35:58         | 6:18            | 27          | 11:26          | 211        | 11:26         |
| Hermannsklippe  | 3.30        | 23:38         | 7:09            | 35          | 8:44           | 271         | 8:46          | 9.00          | 59:36         | 6:37            | 33          | 20:10          | 233        | 20:11         |
| Brocken         | 3.10        | 33:14         | 10:43           | 36          | 14:14          | 306         | 14:53         | 12.10         | 1:32:50       | 7:40            | 35          | 34:24          | 271        | 35:04         |
| Eiserner Handwe | 3.60        | 21:13         | 5:53            | 33          | 8:08           | 283         | 8:41          | 15.70         | 1:54:03       | 7:15            | 35          | 41:48          | 276        | 43:45         |
| Bremer Hütte    | 4.10        | 23:16         | 5:40            | 33          | 7:39           | 256         | 8:22          | 19.80         | 2:17:19       | 6:56            | 34          | 49:19          | 271        | 51:50         |
| Loddenke        | 3.10        | 12:36         | 4:03            | 31          | 4:29           | 259         | 4:38          | 22.90         | 2:29:55       | 6:32            | 34          | 53:14          | 273        | 56:28         |
| Ilseburg/Markt  | 3.30        | 18:35         | 5:37            | 40          | 7:06           | 317         | 7:19          | 26.20         | 2:48:30       | 6:25            | 33          | 59:11          | 273        | 1:03:47       |