



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: 9.33 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 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	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