



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

**Bartkowski, Mario**

Club: Sehnder Feldhasen  
Number: 158

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 3:18:52

Speed: 7.90 km/h  
Running performance: 7:35 min/km

Rank in course/Total: 451 (of 506)

Rank in course/Men: 380 (of 416)

Best time in course: 1:44:43

Rank in category: 56(of 58)

Best time in the category: 1:54:19

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	24:06	7:18	56	10:01	396	10:40	3.30	24:06	7:18	56	10:01	396	10:40
Bremer Hütte	2.40	22:38	9:25	57	10:07	399	11:32	5.70	46:44	8:11	57	20:05	398	22:12
Hermannsklippe	3.30	29:24	8:54	56	12:46	396	14:32	9.00	1:16:08	8:27	57	32:30	399	36:43
Brocken	3.10	42:44	13:47	58	22:07	408	24:23	12.10	1:58:52	9:49	58	54:33	401	1:01:06
Eiserner Handwe	3.60	23:40	6:34	54	10:23	365	11:08	15.70	2:22:32	9:04	58	1:04:31	397	1:12:14
Bremer Hütte	4.10	24:26	5:57	47	8:55	296	9:32	19.80	2:46:58	8:25	56	1:13:26	387	1:21:29
Loddenke	3.10	12:19	3:58	39	3:59	238	4:21	22.90	2:59:17	7:49	56	1:17:25	383	1:25:50
Ilseburg/Markt	3.30	19:35	5:56	53	7:08	352	8:19	26.20	3:18:52	7:35	56	1:24:33	381	1:34:09