



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Schade-Bünsow, Volker

Club: Hildesheim  
Number: 428

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:19:45

Speed: 11.16 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 108 (of 581)

Rank in course/Men: 104 (of 475)

Best time in course: 1:39:32

Rank in category: 15(of 77)

Best time in the category: 1:59:26

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	17:43	5:22	19	3:47	132	4:39	3.30	17:43	5:22	19	3:47	132	4:39
Schlüsie	3.10	18:47	6:03	22	3:19	121	5:09	6.40	36:30	5:42	23	7:06	126	9:47
Hermannsklippe	2.60	16:09	6:12	16	2:38	110	4:45	9.00	52:39	5:50	20	9:35	117	14:32
Brocken	3.10	26:29	8:32	11	5:01	97	8:26	12.10	1:19:08	6:32	16	14:36	112	22:58
Eiserner Handwe	3.60	17:04	4:44	18	2:39	119	5:12	15.70	1:36:12	6:07	15	16:30	108	28:10
Schlüsie	4.10	16:03	3:54	15	1:56	92	4:29	19.80	1:52:15	5:40	15	17:51	110	32:39
Loddenke	3.10	13:14	4:16	17	1:34	107	3:55	22.90	2:05:29	5:28	15	19:12	108	36:34
Ilseburg/Markt	3.30	14:16	4:19	12	1:14	81	3:39	26.20	2:19:45	5:20	15	20:19	104	40:13