



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Hensel, Ronald

Club: MD

Number: 295

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:16:11

Speed: 11.46 km/h

Running performance: 5:12 min/km

Rank in course/Total: 54 (of 529)

Rank in course/Men: 51 (of 447)

Best time in course: 1:39:39

Rank in category: 9(of 75)

Best time in the category: 1:57:42

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        | 16:49         | 5:05            | 12          | 2:22           | 74          | 7:12          | 3.30          | 16:49         | 5:05            | 12          | 2:22           | 74         | 7:12          |
| Schlüsie        | 3.10        | 18:43         | 6:02            | 7           | 2:53           | 52          | 4:53          | 6.40          | 35:32         | 5:33            | 11          | 5:15           | 57         | 9:28          |
| Hermannsklippe  | 2.60        | 15:34         | 5:59            | 7           | 2:04           | 36          | 3:53          | 9.00          | 51:06         | 5:40            | 7           | 7:19           | 46         | 13:16         |
| Brocken         | 3.10        | 25:06         | 8:05            | 7           | 3:50           | 39          | 6:51          | 12.10         | 1:16:12       | 6:17            | 8           | 11:09          | 43         | 20:07         |
| Eiserner Handwe | 3.60        | 16:35         | 4:36            | 18          | 3:06           | 90          | 4:05          | 15.70         | 1:32:47       | 5:54            | 8           | 14:15          | 45         | 24:12         |
| Schlüsie        | 4.10        | 15:56         | 3:53            | 13          | 2:59           | 71          | 3:32          | 19.80         | 1:48:43       | 5:29            | 9           | 17:14          | 50         | 27:42         |
| Loddenke        | 3.10        | 13:19         | 4:17            | 17          | 2:07           | 83          | 2:59          | 22.90         | 2:02:02       | 5:19            | 9           | 18:35          | 51         | 30:41         |
| Ilseburg/Markt  | 3.30        | 14:09         | 4:17            | 10          | 1:29           | 49          | 5:51          | 26.20         | 2:16:11       | 5:11            | 9           | 18:29          | 51         | 36:32         |