



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Rettig, Jens

Club: Team Erdinger Alkoholfrei
Number: 35

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:36:35

Speed: 9.96 km/h
Running performance: 5:59 min/km

Rank in course/Total: 212 (of 529)

Rank in course/Men: 199 (of 447)

Best time in course: 1:39:39

Rank in category: 41(of 85)

Best time in the category: 1:59:41

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	18:12	5:30	28	3:35	152	8:35	3.30	18:12	5:30	28	3:35	152	8:35
Schlüsie	3.10	21:33	6:57	36	4:56	194	7:43	6.40	39:45	6:12	32	8:31	168	13:41
Hermannsklippe	2.60	18:30	7:06	39	4:15	216	6:49	9.00	58:15	6:28	35	12:46	186	20:25
Brocken	3.10	29:33	9:31	35	6:49	185	11:18	12.10	1:27:48	7:15	35	19:26	180	31:43
Eiserner Handwe	3.60	19:00	5:16	52	4:25	241	6:30	15.70	1:46:48	6:48	37	23:51	191	38:13
Schlüsie	4.10	18:51	4:35	50	5:00	240	6:27	19.80	2:05:39	6:20	41	28:51	203	44:38
Loddenke	3.10	14:54	4:48	42	3:54	207	4:34	22.90	2:20:33	6:08	41	32:45	202	49:12
Ilseburg/Markt	3.30	16:02	4:51	36	4:09	176	7:44	26.20	2:36:35	5:58	41	36:54	199	56:56