



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         | Intermediate times |            |              |          |             | Stage score |            |          | Total ranking |              |          |             |         |            |
|-----------------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
|                 | 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      |