



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

RETTIG, Jens

Club: Team Erdinger Alkoholfrei
Number: 22

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:45:31

Speed: 9.43 km/h
Running performance: 6:19 min/km

Rank in course/Total: 312 (of 500)

Rank in course/Men: 286 (of 423)

Best time in course: 1:35:36

Rank in category: 51(of 67)

Best time in the category: 2:00:16

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	19:31	5:54	48	3:44	244	7:32	3.30	19:31	5:54	48	3:44	244	7:32
Schlüsie	3.10	22:00	7:05	56	5:57	316	9:15	6.40	41:31	6:29	53	9:30	276	16:47
Hermannsklippe	2.60	19:27	7:28	49	5:14	288	8:16	9.00	1:00:58	6:46	52	14:44	279	25:03
Brocken	3.10	31:13	10:04	42	9:51	272	13:49	12.10	1:32:11	7:37	48	24:35	277	38:52
Eiserner Handwe	3.60	19:58	5:32	51	5:25	271	8:18	15.70	1:52:09	7:08	49	28:37	277	47:10
Schlüsie	4.10	20:04	4:53	53	5:59	300	9:03	19.80	2:12:13	6:40	49	34:07	280	56:13
Loddenke	3.10	15:55	5:08	53	5:06	306	6:39	22.90	2:28:08	6:28	50	39:13	282	1:02:52
Ilseburg/Markt	3.30	17:23	5:16	56	6:02	294	7:03	26.20	2:45:31	6:19	51	45:15	288	1:09:55