



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Ryll, Rene

Club: 1971

Number: 321

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:47:01

Speed: 9.34 km/h

Running performance: 6:22 min/km

Rank in course/Total: 299 (of 506)

Rank in course/Men: 269 (of 416)

Best time in course: 1:44:43

Rank in category: 42(of 66)

Best time in the category: 1:51:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:47	5:59	40	6:21	240	6:21	3.30	19:47	5:59	40	6:21	240	6:21
Bremer Hütte	2.40	16:13	6:45	27	4:49	186	5:07	5.70	36:00	6:18	35	11:10	213	11:28
Hermannsklippe	3.30	22:25	6:47	29	6:52	209	7:33	9.00	58:25	6:29	31	18:02	203	19:00
Brocken	3.10	30:45	9:55	34	10:23	236	12:24	12.10	1:29:10	7:22	33	28:16	220	31:24
Eiserner Handwe	3.60	20:04	5:34	40	6:50	231	7:32	15.70	1:49:14	6:57	34	35:06	228	38:56
Bremer Hütte	4.10	24:31	5:58	51	9:01	300	9:37	19.80	2:13:45	6:45	36	43:25	243	48:16
Loddenke	3.10	13:41	4:24	53	5:41	320	5:43	22.90	2:27:26	6:26	39	48:15	252	53:59
Ilseburg/Markt	3.30	19:35	5:56	60	7:56	352	8:19	26.20	2:47:01	6:22	42	56:01	269	1:02:18