



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Bötnagel, Ralf

Club: Deutschland
Number: 75

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:37:33

Speed: 9.90 km/h
Running performance: 6:01 min/km

Rank in course/Total: 265 (of 581)

Rank in course/Men: 252 (of 475)

Best time in course: 1:39:32

Rank in category: 33(of 68)

Best time in the category: 1:51:26

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total | | Total | | Total | | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|---------|--------|-----|--------|-----|-------------|----------------|------------|---------------|
| | | | | | | | | km | Time | min/km | Pos | Behind | Pos | | | | |
| Loddenke | 3.30 | 18:10 | 5:30 | 19 | 4:19 | 158 | 5:06 | 3.30 | 18:10 | 5:30 | 19 | 4:19 | 158 | 5:06 | | | |
| Schlüsie | 3.10 | 19:40 | 6:20 | 23 | 4:47 | 178 | 6:02 | 6.40 | 37:50 | 5:54 | 20 | 9:02 | 162 | 11:07 | | | |
| Hermannsklippe | 2.60 | 17:25 | 6:41 | 27 | 4:42 | 198 | 6:01 | 9.00 | 55:15 | 6:08 | 22 | 13:44 | 173 | 17:08 | | | |
| Brocken | 3.10 | 30:02 | 9:41 | 33 | 8:55 | 232 | 11:59 | 12.10 | 1:25:17 | 7:02 | 26 | 22:39 | 195 | 29:07 | | | |
| Eiserner Handwe | 3.60 | 19:15 | 5:20 | 36 | 6:01 | 251 | 7:23 | 15.70 | 1:44:32 | 6:39 | 30 | 28:39 | 208 | 36:30 | | | |
| Schlüsie | 4.10 | 18:48 | 4:35 | 36 | 5:51 | 265 | 7:14 | 19.80 | 2:03:20 | 6:13 | 30 | 34:26 | 213 | 43:44 | | | |
| Loddenke | 3.10 | 16:10 | 5:12 | 46 | 5:33 | 340 | 6:51 | 22.90 | 2:19:30 | 6:05 | 30 | 39:59 | 231 | 50:35 | | | |
| Ilseburg/Markt | 3.30 | 18:03 | 5:28 | 44 | 6:08 | 337 | 7:26 | 26.20 | 2:37:33 | 6:00 | 33 | 46:07 | 252 | 58:01 | | | |