



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: 9.98 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.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
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