



43. Brockenlauf

Ilseburg / 07.09.2013

Detailed evaluation

Dietz, Ralph

Club: Team Deutschland
Number: 86

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:27:06

Speed: 10.61 km/h
Running performance: 5:37 min/km

Rank in course/Total: 136 (of 456)

Rank in course/Men: 129 (of 399)

Best time in course: 1:39:03

Rank in category: 20(of 63)

Best time in the category: 2:02:34

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	18:59	5:45	29	4:11	176	6:28	3.30	18:59	5:45	52		129	6:24
Schlüsie	3.10	18:32	5:58	17	2:11	96	5:10	6.40	37:31	5:51	51		128	11:31
Hermannsklippe	2.60	16:08	6:12	7	1:51	77	4:35	9.00	53:39	5:57	52		129	15:59
Brocken	3.10	27:28	8:51	11	4:33	99	9:27	12.10	1:21:07	6:42	52		129	25:03
Eiserner Handwe	3.60	18:06	5:01	26	3:23	161	6:03	15.70	1:39:13	6:19	52		129	31:03
Schlüsie	4.10	18:59	4:37	35	5:15	221	8:01	19.80	1:58:12	5:58	52		129	39:04
Loddenke	3.10	14:15	4:35	19	2:30	137	4:51	22.90	2:12:27	5:47	52		129	43:55
Ilseburg/Markt	3.30	14:39	4:26	11	1:31	79	4:08	26.20	2:27:06	5:36	20	24:32	129	48:03