



44. Brockenlauf Ilseburg / 06.09.2014

Detailed evaluation

Dietz, Ralph

Club: Team Deutschland
Number: 1093

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:24:20

Speed: 10.81 km/h
Running performance: 5:31 min/km

Rank in course/Total: 101 (of 492)

Rank in course/Men: 98 (of 415)

Best time in course: 1:38:33

Rank in category: 11(of 62)

Best time in the category: 2:03:47

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	16:34	5:01	5	1:24	68	4:42	3.30	16:34	5:01	42		99	
Schlüsle	3.10	18:34	5:59	10	2:12	85	5:36	6.40	35:08	5:29	34		61	10:18
Hermannsklippe	2.60	16:31	6:21	9	2:10	77	5:00	9.00	51:39	5:44	42		98	15:18
Brocken	3.10	27:04	8:43	8	2:54	85	9:14	12.10	1:18:43	6:30	42		98	24:32
Eiserner Handwe	3.60	16:17	4:31	4	1:27	61	4:15	15.70	1:35:00	6:03	42		98	28:47
Schlüsle	4.10	15:52	3:52	5	1:49	61	4:22	19.80	1:50:52	5:35	42		98	33:09
Loddenke	3.10	15:51	5:06	43	4:02	266	6:01	22.90	2:06:43	5:32	42		98	39:10
Ilseburg/Markt	3.30	17:37	5:20	43	4:57	265	9:05	26.20	2:24:20	5:30	11	20:33	98	45:47