



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Mock, Ralf

Club: TuS Hasede  
Number: 310

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:30:48

Speed: 10.34 km/h

Rank in course/Total: 210 (of 532)

Rank in course/Men: 198 (of 452)

Best time in course: 1:36:15

Rank in category: 37(of 78)

Best time in the category: 2:00:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total			Pos		Behind	
				Cat.	Men	Men	Men	km	Time	km/h	Cat.	Men	Men	
Loddenke	3.30	19:45	9.11	42	255	4:51	7:59	3.30	19:45	9.11	42	255	4:51	7:59
Schlüsie	3.10	20:19	8.86	37	221	4:00	7:24	6.40	40:04	8.99	38	237	8:51	15:23
Hermannsklippe	2.60	17:28	6.87	34	178	3:15	6:13	9.00	57:32	9.39	37	211	12:02	21:36
Brocken	3.10	26:38	6.76	23	119	4:30	9:26	12.10	1:24:10	8.55	31	173	16:32	31:02
Eiserner Handwe	3.60	18:08	9.93	34	204	3:53	6:31	15.70	1:42:18	8.80	33	177	20:12	37:33
Schlüsie	4.10	17:21	13.83	33	197	3:50	5:55	19.80	1:59:39	9.53	35	187	23:30	43:28
Loddenke	3.10	14:46	12.19	40	233	3:15	5:09	22.90	2:14:25	9.82	35	191	26:45	48:37
Ilseburg/Markt	3.30	16:23	10.99	45	253	3:40	5:56	26.20	2:30:48	10.34	37	198	30:25	54:33