



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Triegel, Ralf

Club: Berlin  
Number: 123

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 3:02:22

Speed: 8.55 km/h

Rank in course/Total: 458 (of 532)

Rank in course/Men: 402 (of 452)

Best time in course: 1:36:15

Rank in category: 72(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 Cat.	Behind Cat.	Stage score		Total		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	21:31	8.37	71	6:37	384	9:45	3.30	21:31	8.37	71	6:37	384	9:45
Schlüsie	3.10	23:29	7.67	69	7:10	391	10:34	6.40	45:00	8.00	71	13:47	383	20:19
Hermannsklippe	2.60	21:47	5.51	70	7:34	404	10:32	9.00	1:06:47	8.09	71	21:17	403	30:51
Brocken	3.10	38:19	4.70	76	16:11	436	21:07	12.10	1:45:06	6.85	75	37:28	419	51:58
Eiserner Handwe	3.60	21:25	8.40	64	7:10	363	9:48	15.70	2:06:31	7.11	74	44:25	414	1:01:46
Schlüsie	4.10	21:39	11.09	70	8:08	384	10:13	19.80	2:28:10	7.69	73	52:01	413	1:11:59
Loddenke	3.10	15:50	11.37	54	4:19	309	6:13	22.90	2:44:00	8.05	72	56:20	402	1:18:12
Ilseburg/Markt	3.30	18:22	9.80	67	5:39	367	7:55	26.20	3:02:22	8.55	72	1:01:59	402	1:26:07