



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Dietz, Ralph

Club: Team Deutschland  
Number: 67

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:21:45

Speed: 11.01 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 84 (of 529)

Rank in course/Men: 79 (of 447)

Best time in course: 1:39:39

Rank in category: 18(of 85)

Best time in the category: 1:59:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:44	5:04	14	2:07	71	7:07	3.30	16:44	5:04	14	2:07	71	7:07
Schlüsie	3.10	19:45	6:22	20	3:08	101	5:55	6.40	36:29	5:42	17	5:15	80	10:25
Hermannsklippe	2.60	16:23	6:18	14	2:08	68	4:42	9.00	52:52	5:52	18	7:23	79	15:02
Brocken	3.10	25:50	8:19	12	3:06	62	7:35	12.10	1:18:42	6:30	13	10:20	65	22:37
Eiserner Handwe	3.60	16:20	4:32	15	1:45	74	3:50	15.70	1:35:02	6:03	13	12:05	63	26:27
Schlüsie	4.10	17:13	4:11	28	3:22	152	4:49	19.80	1:52:15	5:40	15	15:27	72	31:14
Loddenke	3.10	14:09	4:33	31	3:09	147	3:49	22.90	2:06:24	5:31	18	18:36	74	35:03
Ilseburg/Markt	3.30	15:21	4:39	24	3:28	124	7:03	26.20	2:21:45	5:24	18	22:04	79	42:06