



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Lüdecke, Ralf

Club: TuSv Bützfleth  
Number: 63

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:36:44

Speed: 9.95 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 213 (of 529)

Rank in course/Men: 200 (of 447)

Best time in course: 1:39:39

Rank in category: 18(of 58)

Best time in the category: 2:02:30

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total |         | Total  |     | Total  |     | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |        |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|---------|--------|-----|--------|-----|-------------|----------------|------------|---------------|--------|
|                 |             |               |                 |             |                |            |               | km    | Time    | min/km | Pos | Behind | Pos |             |                |            |               | Behind |
| Loddenke        | 3.30        | 18:55         | 5:43            | 15          | 3:50           | 189        | 9:18          | 3.30  | 18:55   | 5:43   | 15  | 3:50   | 189 | 9:18        |                |            |               |        |
| Schlüsie        | 3.10        | 21:38         | 6:58            | 14          | 4:48           | 201        | 7:48          | 6.40  | 40:33   | 6:20   | 14  | 8:38   | 194 | 14:29       |                |            |               |        |
| Hermannsklippe  | 2.60        | 17:38         | 6:46            | 12          | 3:27           | 154        | 5:57          | 9.00  | 58:11   | 6:27   | 13  | 12:05  | 182 | 20:21       |                |            |               |        |
| Brocken         | 3.10        | 27:37         | 8:54            | 11          | 4:53           | 115        | 9:22          | 12.10 | 1:25:48 | 7:05   | 13  | 16:58  | 148 | 29:43       |                |            |               |        |
| Eiserner Handwe | 3.60        | 19:08         | 5:18            | 25          | 4:17           | 250        | 6:38          | 15.70 | 1:44:56 | 6:41   | 15  | 21:15  | 166 | 36:21       |                |            |               |        |
| Schlüsie        | 4.10        | 19:04         | 4:39            | 22          | 4:52           | 252        | 6:40          | 19.80 | 2:04:00 | 6:15   | 16  | 26:07  | 185 | 42:59       |                |            |               |        |
| Loddenke        | 3.10        | 15:54         | 5:07            | 33          | 4:21           | 284        | 5:34          | 22.90 | 2:19:54 | 6:06   | 17  | 30:28  | 197 | 48:33       |                |            |               |        |
| Ilseburg/Markt  | 3.30        | 16:50         | 5:06            | 25          | 3:46           | 230        | 8:32          | 26.20 | 2:36:44 | 5:58   | 18  | 34:14  | 200 | 57:05       |                |            |               |        |