



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Dietz, Ralf

Club: Emden LG  
Number: 569

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:59:55

Speed: 8.67 km/h  
Running performance: 6:52 min/km

Rank in course/Total: 399 (of 529)

Rank in course/Men: 350 (of 447)

Best time in course: 1:39:39

Rank in category: 19(of 29)

Best time in the category: 2:22:45

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	23:58	7:15	25	6:54	423	14:21	3.30	23:58	7:15	25	6:54	423	14:21
Schlüsie	3.10	25:40	8:16	21	6:07	388	11:50	6.40	49:38	7:45	26	13:01	404	23:34
Hermannsklippe	2.60	21:04	8:06	19	3:51	349	9:23	9.00	1:10:42	7:51	22	16:52	394	32:52
Brocken	3.10	31:57	10:18	13	4:52	287	13:42	12.10	1:42:39	8:29	20	21:14	360	46:34
Eiserner Handwe	3.60	22:08	6:08	19	5:43	367	9:38	15.70	2:04:47	7:56	19	26:13	362	56:12
Schlüsie	4.10	21:44	5:18	20	5:51	359	9:20	19.80	2:26:31	7:23	20	32:04	367	1:05:30
Loddenke	3.10	16:55	5:27	16	3:48	338	6:35	22.90	2:43:26	7:08	18	35:42	358	1:12:05
Ilseburg/Markt	3.30	16:29	4:59	5	1:40	206	8:11	26.20	2:59:55	6:52	19	37:10	350	1:20:16