



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

**BACKES, Ralph**

Club: tv-dortmund mengede  
Number: 62

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:48:08

Speed: 9.28 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 338 (of 500)

Rank in course/Men: 310 (of 423)

Best time in course: 1:35:36

Rank in category: 26(of 45)

Best time in the category: 2:07:45

| 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     | 31:08      | 9:26         | 45          | 14:57       | 423     | 19:09      | 3.30          | 31:08      | 9:26         | 45       | 14:57       | 423     | 19:09      |
| Schlüsie           | 3.10     | 18:47      | 6:03         | 4           | 1:26        | 110     | 6:02       | 6.40          | 49:55      | 7:47         | 41       | 16:23       | 407     | 25:11      |
| Hermannsklippe     | 2.60     | 17:55      | 6:53         | 14          | 2:34        | 199     | 6:44       | 9.00          | 1:07:50    | 7:32         | 36       | 18:57       | 377     | 31:55      |
| Brocken            | 3.10     | 30:26      | 9:49         | 22          | 5:32        | 247     | 13:02      | 12.10         | 1:38:16    | 8:07         | 33       | 24:00       | 349     | 44:57      |
| Eiserner Handwe    | 3.60     | 20:10      | 5:36         | 24          | 5:40        | 281     | 8:30       | 15.70         | 1:58:26    | 7:32         | 30       | 29:40       | 339     | 53:27      |
| Schlüsie           | 4.10     | 19:38      | 4:47         | 21          | 5:33        | 282     | 8:37       | 19.80         | 2:18:04    | 6:58         | 29       | 35:13       | 330     | 1:02:04    |
| Loddenke           | 3.10     | 14:06      | 4:32         | 12          | 2:18        | 183     | 4:50       | 22.90         | 2:32:10    | 6:38         | 26       | 37:31       | 315     | 1:06:54    |
| Ilseburg/Markt     | 3.30     | 15:58      | 4:50         | 17          | 2:52        | 213     | 5:38       | 26.20         | 2:48:08    | 6:25         | 26       | 40:23       | 312     | 1:12:32    |