



# 48. Brockenlauf

Ilseburg / 01.09.2018

## Detailed evaluation

**Backes, Ralph**

Club: tv-Dortmund mengede  
Number: 39

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:28:30

Speed: 10.51 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 141 (of 506)

Rank in course/Men: 130 (of 416)

Best time in course: 1:44:43

Rank in category: 14(of 52)

Best time in the category: 2:08:09

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	18:10	5:30	11	1:47	128	4:44	3.30	18:10	5:30	11	1:47	128	4:44
Bremer Hütte	2.40	14:55	6:12	6	1:01	90	3:49	5.70	33:05	5:48	8	2:41	96	8:33
Hermannsklippe	3.30	20:16	6:08	8	1:48	90	5:24	9.00	53:21	5:55	8	4:29	98	13:56
Brocken	3.10	27:33	8:53	12	5:10	125	9:12	12.10	1:20:54	6:41	10	7:58	109	23:08
Eiserner Handwe	3.60	18:17	5:04	18	4:04	154	5:45	15.70	1:39:11	6:19	14	10:42	116	28:53
Bremer Hütte	4.10	22:10	5:24	22	4:53	202	7:16	19.80	2:01:21	6:07	13	15:33	130	35:52
Loddenke	3.10	11:19	3:39	17	2:22	160	3:21	22.90	2:12:40	5:47	13	17:43	128	39:13
Ilseburg/Markt	3.30	15:50	4:47	18	2:52	163	4:34	26.20	2:28:30	5:40	14	20:21	130	43:47