



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Dietz, Ralph

Club: Team Deutschland  
Number: 88

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:30:29

Speed: 10.37 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 157 (of 506)

Rank in course/Men: 145 (of 416)

Best time in course: 1:44:43

Rank in category: 16(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	18:48	5:41	21	2:25	183	5:22	3.30	18:48	5:41	21	2:25	183	5:22
Bremer Hütte	2.40	15:19	6:22	12	1:25	117	4:13	5.70	34:07	5:59	17	3:43	149	9:35
Hermannsklippe	3.30	20:42	6:16	12	2:14	116	5:50	9.00	54:49	6:05	14	5:57	134	15:24
Brocken	3.10	26:03	8:24	7	3:40	77	7:42	12.10	1:20:52	6:40	9	7:56	108	23:06
Eiserner Handwe	3.60	18:04	5:01	17	3:51	137	5:32	15.70	1:38:56	6:18	11	10:27	111	28:38
Bremer Hütte	4.10	23:28	5:43	34	6:11	265	8:34	19.80	2:02:24	6:10	15	16:36	134	36:55
Loddenke	3.10	11:48	3:48	24	2:51	200	3:50	22.90	2:14:12	5:51	15	19:15	140	40:45
Ilseburg/Markt	3.30	16:17	4:56	23	3:19	190	5:01	26.20	2:30:29	5:44	16	22:20	145	45:46