



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Dietz, Ralph

Club: Team Deutschland
Number: 6

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:35:47

Speed: 10.01 km/h
Running performance: 5:57 min/km

Rank in course/Total: 240 (of 581)

Rank in course/Men: 229 (of 475)

Best time in course: 1:39:32

Rank in category: 21(of 59)

Best time in the category: 2:07:29

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	18:22	5:33	19	2:30	171	5:18	3.30	18:22	5:33	19	2:30	171	5:18
Schlüsie	3.10	19:34	6:18	16	2:57	176	5:56	6.40	37:56	5:55	17	5:27	171	11:13
Hermannsklippe	2.60	18:25	7:05	30	3:51	269	7:01	9.00	56:21	6:15	20	9:18	202	18:14
Brocken	3.10	26:52	8:39	6	2:25	110	8:49	12.10	1:23:13	6:52	11	11:43	167	27:03
Eiserner Handwe	3.60	19:28	5:24	28	4:35	267	7:36	15.70	1:42:41	6:32	15	16:18	185	34:39
Schlüsie	4.10	19:51	4:50	34	5:04	310	8:17	19.80	2:02:32	6:11	19	21:07	206	42:56
Loddenke	3.10	15:58	5:09	41	3:46	329	6:39	22.90	2:18:30	6:02	21	24:50	223	49:35
Ilseburg/Markt	3.30	17:17	5:14	40	3:29	306	6:40	26.20	2:35:47	5:56	21	28:18	229	56:15