



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Backes, Ralph

Club: Tv-Dortmund-Mengede
Number: 44

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:36:34

Speed: 10.04 km/h
Running performance: 5:59 min/km

Rank in course/Total: 253 (of 581)

Rank in course/Men: 241 (of 475)

Best time in course: 1:39:32

Rank in category: 25(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	18:20	5:33	17	2:28	169	5:16	3.30	18:20	5:33	17	2:28	169	5:16
Schlüsie	3.10	19:00	6:07	10	2:23	135	5:22	6.40	37:20	5:49	13	4:51	152	10:37
Hermannsklippe	2.60	16:53	6:29	10	2:19	154	5:29	9.00	54:13	6:01	11	7:10	147	16:06
Brocken	3.10	30:13	9:44	22	5:46	239	12:10	12.10	1:24:26	6:58	14	12:56	185	28:16
Eiserner Handwe	3.60	19:35	5:26	29	4:42	270	7:43	15.70	1:44:01	6:37	19	17:38	201	35:59
Schlüsie	4.10	20:31	5:00	40	5:44	341	8:57	19.80	2:04:32	6:17	23	23:07	227	44:56
Loddenke	3.10	15:10	4:53	30	2:58	273	5:51	22.90	2:19:42	6:06	24	26:02	233	50:47
Ilseburg/Markt	3.30	16:52	5:06	34	3:04	280	6:15	26.20	2:36:34	5:58	25	29:05	241	57:02