



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

**Benecke, Ralf**

Club: Panketal  
Number: 58

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:39:42

Speed: 9.77 km/h  
Running performance: 6:06 min/km

Rank in course/Total: 283 (of 581)

Rank in course/Men: 267 (of 475)

Best time in course: 1:39:32

Rank in category: 43(of 77)

Best time in the category: 1:59:26

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	21:17	6:26	60	7:21	363	8:13	3.30	21:17	6:26	60	7:21	363	8:13
Schlüsie	3.10	21:08	6:49	49	5:40	288	7:30	6.40	42:25	6:37	56	13:01	329	15:42
Hermannsklippe	2.60	19:18	7:25	54	5:47	319	7:54	9.00	1:01:43	6:51	55	18:39	327	23:36
Brocken	3.10	28:39	9:14	31	7:11	184	10:36	12.10	1:30:22	7:28	46	25:50	277	34:12
Eiserner Handwe	3.60	21:33	5:59	58	7:08	354	9:41	15.70	1:51:55	7:07	50	32:13	294	43:53
Schlüsie	4.10	18:02	4:23	36	3:55	226	6:28	19.80	2:09:57	6:33	49	35:33	282	50:21
Loddenke	3.10	14:17	4:36	31	2:37	200	4:58	22.90	2:24:14	6:17	46	37:57	277	55:19
Ilseburg/Markt	3.30	15:28	4:41	31	2:26	174	4:51	26.20	2:39:42	6:05	43	40:16	267	1:00:10