



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Backes, Ralph

Club: tv-Dortmund-Mengede  
Number: 44

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:25:55

Speed: 10.69 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 123 (of 467)

Rank in course/Men: 115 (of 387)

Best time in course: 1:40:22

Rank in category: 3(of 28)

Best time in the category: 2:08:33

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	17:15	5:13	2	0:54	87	4:44	3.30	17:15	5:13	29	0:54	388	4:44
Schlüsie	3.10	18:42	6:01	2	1:11	85	5:38	6.40	35:57	5:37	29	2:05	388	10:21
Hermannsklippe	2.60	16:22	6:17	2	1:13	91	5:01	9.00	52:19	5:48	29	3:18	388	15:22
Brocken	3.10	28:39	9:14	3	4:52	147	10:52	12.10	1:20:58	6:41	29	8:10	388	26:14
Eiserner Handwe	3.60	18:02	5:00	5	2:12	134	5:42	15.70	1:39:00	6:18	29	10:22	388	31:55
Schlüsie	4.10	18:17	4:27	9	3:23	190	6:41	19.80	1:57:17	5:55	29	13:45	388	38:12
Loddenke	3.10	13:44	4:25	3	1:39	117	3:49	22.90	2:11:01	5:43	29	15:24	384	41:50
Ilseburg/Markt	3.30	14:54	4:30	3	1:58	108	4:06	26.20	2:25:55	5:34	3	17:22	115	45:33