



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Friese, Jörg

Club: VLG 1991 Magdeburg  
Number: 450

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:13:53

Speed: 11.74 km/h

Rank in course/Total: 70 (of 532)

Rank in course/Men: 67 (of 452)

Best time in course: 1:36:15

Rank in category: 8(of 78)

Best time in the category: 2:00:23

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	15:25	12.84	5	0:31	34	3:39	3.30	15:25	12.84	5	0:31	34	3:39
Schlüsie	3.10	17:25	10.68	6	1:06	48	4:30	6.40	32:50	11.70	6	1:37	43	8:09
Hermannsklippe	2.60	15:15	10.23	6	1:02	53	4:00	9.00	48:05	11.23	6	2:35	42	12:09
Brocken	3.10	25:02	7.43	9	2:54	69	7:50	12.10	1:13:07	9.93	6	5:29	49	19:59
Eiserner Handwe	3.60	15:25	14.01	7	1:10	57	3:48	15.70	1:28:32	10.64	6	6:26	48	23:47
Schlüsie	4.10	16:27	14.95	24	2:56	145	5:01	19.80	1:44:59	11.32	6	8:50	55	28:48
Loddenke	3.10	14:04	13.22	34	2:33	182	4:27	22.90	1:59:03	11.54	6	11:23	62	33:15
Ilseburg/Markt	3.30	14:50	13.35	29	2:07	133	4:23	26.20	2:13:53	11.74	8	13:30	67	37:38