



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Friebe, Torsten

Club: Team Oberhavel  
Number: 153

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:22:25

Speed: 10.95 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 126 (of 581)

Rank in course/Men: 121 (of 475)

Best time in course: 1:39:32

Rank in category: 25(of 67)

Best time in the category: 1:39:32

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	18:55	5:43	35	5:50	222	5:51	3.30	18:55	5:43	35	5:50	222	5:51
Schlüsie	3.10	19:56	6:25	36	6:18	204	6:18	6.40	38:51	6:04	35	12:08	208	12:08
Hermannsklippe	2.60	15:36	6:00	18	4:12	84	4:12	9.00	54:27	6:03	29	16:20	155	16:20
Brocken	3.10	26:44	8:37	21	8:41	106	8:41	12.10	1:21:11	6:42	27	25:01	136	25:01
Eiserner Handwe	3.60	16:21	4:32	16	4:29	81	4:29	15.70	1:37:32	6:12	24	29:30	121	29:30
Schlüsie	4.10	16:17	3:58	22	4:43	112	4:43	19.80	1:53:49	5:44	24	34:13	118	34:13
Loddenke	3.10	13:23	4:19	22	4:04	124	4:04	22.90	2:07:12	5:33	24	38:17	117	38:17
Ilseburg/Markt	3.30	15:13	4:36	26	4:36	151	4:36	26.20	2:22:25	5:26	25	42:53	121	42:53