



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Friebe, Torsten

Club: Team Oberhavel
Number: 78

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:25:56

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

Rank in course/Total: 124 (of 467)

Rank in course/Men: 116 (of 387)

Best time in course: 1:40:22

Rank in category: 24(of 59)

Best time in the category: 1:47:09

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	19:15	5:50	37	5:35	195	6:44	3.30	19:15	5:50	60	5:35	388	6:44
Schlüsie	3.10	20:42	6:40	34	6:10	176	7:38	6.40	39:57	6:14	60	11:45	388	14:21
Hermannsklippe	2.60	17:17	6:38	28	4:37	132	5:56	9.00	57:14	6:21	60	16:22	388	20:17
Brocken	3.10	26:33	8:33	21	6:40	95	8:46	12.10	1:23:47	6:55	60	22:51	388	29:03
Eiserner Handwe	3.60	17:03	4:44	18	4:15	93	4:43	15.70	1:40:50	6:25	60	27:06	388	33:45
Schlüsie	4.10	17:03	4:09	25	4:55	122	5:27	19.80	1:57:53	5:57	60	32:01	388	38:48
Loddenke	3.10	13:26	4:19	17	3:18	97	3:31	22.90	2:11:19	5:44	60	35:19	384	42:08
Ilseburg/Markt	3.30	14:37	4:25	20	3:28	98	3:49	26.20	2:25:56	5:34	24	38:47	116	45:34