



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Friese, Jörg

Club: VLG 1991 Magdeburg e.V.
Number: 133

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:10:07

Speed: 11.99 km/h
Running performance: 4:58 min/km

Rank in course/Total: 51 (of 467)

Rank in course/Men: 49 (of 387)

Best time in course: 1:40:22

Rank in category: 5(of 67)

Best time in the category: 2:02:48

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	15:22	4:39	1	-	31	2:51	3.30	15:22	4:39	1	-	31	2:51
Schlüsie	3.10	17:06	5:30	3	1:12	38	4:02	6.40	32:28	5:04	68	1:00	388	6:52
Hermannsklippe	2.60	15:07	5:48	3	1:01	50	3:46	9.00	47:35	5:17	68	2:01	388	10:38
Brocken	3.10	24:24	7:52	4	2:19	46	6:37	12.10	1:11:59	5:56	68	4:20	388	17:15
Eiserner Handwe	3.60	15:37	4:20	7	1:02	48	3:17	15.70	1:27:36	5:34	68	4:30	388	20:31
Schlüsie	4.10	15:52	3:52	10	2:13	78	4:16	19.80	1:43:28	5:13	68	5:35	388	24:23
Loddenke	3.10	12:45	4:06	10	1:07	64	2:50	22.90	1:56:13	5:04	66	6:37	384	27:02
Ilseburg/Markt	3.30	13:54	4:12	6	0:58	60	3:06	26.20	2:10:07	4:57	5	7:19	49	29:45