



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Friedrich, Alexander

Club: Lingen
Number: 577

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 55:46

Speed: 9.68 km/h
Running performance: 5:49 min/km

Rank in course/Total: 74 (of 147)

Rank in course/Men: 62 (of 90)

Best time in course: 37:03

Rank in category: 6(of 10)

Best time in the category: 41:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	28:30	6:57	6	8:42	61	9:45	4.10	28:30	6:57	6	8:42	61	9:45
Loddenke	2.20	11:05	5:02	8	3:05	61	6:30	6.30	39:35	6:16	6	11:47	62	35:00
Ilseburg/Markt	3.30	16:11	4:54	8	2:33	57	4:58	9.60	55:46	5:48	6	14:20	62	18:43