



51. Brockenlauf
Ilseburg / 03.09.2022

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: 2:30:53

Speed: 10.34 km/h
Running performance: 5:46 min/km

Rank in course/Total: 121 (of 418)

Rank in course/Men: 109 (of 336)

Best time in course: 1:39:59

Rank in category: 22(of 50)

Best time in the category: 1:55:06

| 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 | 19:45 | 5:59 | 36 | 6:19 | 184 | 7:45 | 3.30 | 19:45 | 5:59 | 36 | 6:19 | 184 | 7:45 |
| Schlüsie | 3.10 | 20:11 | 6:30 | 29 | 4:51 | 127 | 6:44 | 6.40 | 39:56 | 6:14 | 33 | 11:10 | 151 | 14:29 |
| Hermannsklippe | 2.60 | 17:52 | 6:52 | 28 | 4:44 | 129 | 6:04 | 9.00 | 57:48 | 6:25 | 32 | 15:37 | 142 | 20:33 |
| Brocken | 3.10 | 28:42 | 9:15 | 25 | 7:49 | 117 | 10:32 | 12.10 | 1:26:30 | 7:08 | 27 | 22:35 | 129 | 31:05 |
| Eiserner Handwe | 3.60 | 17:37 | 4:53 | 19 | 3:58 | 94 | 5:35 | 15.70 | 1:44:07 | 6:37 | 25 | 25:50 | 122 | 36:40 |
| Schlüsie | 4.10 | 16:40 | 4:03 | 19 | 3:57 | 97 | 5:08 | 19.80 | 2:00:47 | 6:06 | 24 | 29:07 | 115 | 41:48 |
| Loddenke | 3.10 | fehlt! | - | - | - | - | - | 22.90 | - | - | - | - | - | - |
| Ilseburg/Markt | 3.30 | 30:06 | 9:07 | 45 | 17:47 | 294 | 19:04 | 26.20 | 2:30:53 | 5:45 | 22 | 35:47 | 109 | 50:54 |