



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Friedl, Andreas

Club: Göttingen  
Number: 123

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:33:57

Speed: 10.13 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 146 (of 418)

Rank in course/Men: 132 (of 336)

Best time in course: 1:39:59

Rank in category: 22(of 60)

Best time in the category: 2:00:45

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	19:18	5:50	30	4:48	164	7:18	3.30	19:18	5:50	30	4:48	164	7:18
Schlüsie	3.10	20:38	6:39	25	5:03	152	7:11	6.40	39:56	6:14	27	9:51	151	14:29
Hermannsklippe	2.60	18:13	7:00	25	4:19	143	6:25	9.00	58:09	6:27	23	14:10	146	20:54
Brocken	3.10	29:50	9:37	25	7:04	148	11:40	12.10	1:27:59	7:16	25	21:08	144	32:34
Eiserner Handwe	3.60	17:59	4:59	19	3:40	107	5:57	15.70	1:45:58	6:44	24	23:24	141	38:31
Schlüsie	4.10	16:55	4:07	19	3:24	102	5:23	19.80	2:02:53	6:12	24	26:48	130	43:54
Loddenke	3.10	14:15	4:35	14	2:26	82	4:17	22.90	2:17:08	5:59	16	27:51	89	48:11
Ilseburg/Markt	3.30	16:49	5:05	21	3:59	118	5:47	26.20	2:33:57	5:52	22	33:12	132	53:58