



52. Brockenlauf
Ilsenburg / 02.09.2023

Detailed evaluation

Friedrich, Detlef

Club: Boxsportzentrum Wasserleben
Number: 797

Course: 3.90 km
3,9 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 24:16

Speed: 7.42 km/h
Running performance: 6:13 min/km

Rank in course/Total: 26 (of 49)

Rank in course/Men: 17 (of 29)

Best time in course: 14:32

Rank in category: 1(of 1)

Best time in the category: 24:16

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
Prinzess Ilse Que	1.90	11:36	6:06	1	-	16	4:06	1.90	11:36	6:06	1	-	18	11:36
Ilsenburg/Markt	2.00	12:40	6:19	1	-	18	5:38	3.90	24:16	6:13	1	-	17	9:44