



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Friedrich, Toni

Club: Zimmerei Heiko Friedrich  
Number: 524

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:08:14

Speed: 12.26 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 39 (of 537)

Rank in course/Men: 35 (of 440)

Best time in course: 1:41:44

Rank in category: 14(of 65)

Best time in the category: 1:52:36

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	16:19	4:56	15	2:47	53	4:07	3.30	16:19	4:56	15	2:47	53	4:07
Schlüsie	3.10	17:11	5:32	15	2:25	38	3:47	6.40	33:30	5:14	15	5:00	49	7:54
Hermannsklippe	2.60	15:34	5:59	16	2:41	47	3:40	9.00	49:04	5:27	15	7:41	47	11:34
Brocken	3.10	24:53	8:01	13	4:07	40	6:40	12.10	1:13:57	6:06	15	11:48	43	18:14
Eiserner Handwe	3.60	14:52	4:07	8	1:45	27	2:16	15.70	1:28:49	5:39	14	12:58	39	20:30
Schlüsie	4.10	15:23	3:45	16	2:26	45	3:26	19.80	1:44:12	5:15	14	15:13	39	23:56
Loddenke	3.10	11:47	3:48	8	0:57	24	1:43	22.90	1:55:59	5:03	14	15:55	39	25:39
Ilseburg/Markt	3.30	12:15	3:42	3	0:29	6	0:51	26.20	2:08:14	4:53	14	15:38	35	26:30