



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Friebe, Torsten

Club: Klippenlauf Harzgerode
Number: 78

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:37:41

Speed: 9.89 km/h
Running performance: 6:01 min/km

Rank in course/Total: 191 (of 537)

Rank in course/Men: 173 (of 440)

Best time in course: 1:41:44

Rank in category: 23(of 55)

Best time in the category: 2:00:57

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	19:35	5:56	31	5:38	221	7:23	3.30	19:35	5:56	31	5:38	221	7:23
Schlüsie	3.10	20:25	6:35	25	4:43	176	7:01	6.40	40:00	6:15	26	10:21	183	14:24
Hermannsklippe	2.60	17:17	6:38	16	3:04	121	5:23	9.00	57:17	6:21	20	13:25	156	19:47
Brocken	3.10	28:39	9:14	15	5:33	120	10:26	12.10	1:25:56	7:06	18	18:58	143	30:13
Eiserner Handwe	3.60	17:52	4:57	13	3:44	123	5:16	15.70	1:43:48	6:36	15	22:09	134	35:29
Schlüsie	4.10	21:50	5:19	49	8:19	360	9:53	19.80	2:05:38	6:20	23	29:22	171	45:22
Loddenke	3.10	14:36	4:42	21	3:52	161	4:32	22.90	2:20:14	6:07	21	31:44	164	49:54
Ilseburg/Markt	3.30	17:27	5:17	37	5:00	249	6:03	26.20	2:37:41	6:01	23	36:44	173	55:57