



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Solaro, Frieder

Club: Norderney
Number: 559

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:49:34

Speed: 9.20 km/h
Running performance: 6:28 min/km

Rank in course/Total: 307 (of 537)

Rank in course/Men: 271 (of 440)

Best time in course: 1:41:44

Rank in category: 22(of 34)

Best time in the category: 1:57:58

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos | | Behind | | Total | | Total | | Total | | Pos | | Behind | |
|-----------------|-------------|---------------|-----------------|------|-------|--------|-------|-------|---------|--------|------|-------|-----|---------|--|--------|--|
| | | | | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men | | | |
| Loddenke | 3.30 | 21:32 | 6:31 | 33 | 7:40 | 335 | 9:20 | 3.30 | 21:32 | 6:31 | 33 | 7:40 | 335 | 9:20 | | | |
| Schlüsie | 3.10 | 22:25 | 7:13 | 26 | 7:03 | 302 | 9:01 | 6.40 | 43:57 | 6:52 | 28 | 14:43 | 322 | 18:21 | | | |
| Hermannsklippe | 2.60 | 19:22 | 7:26 | 23 | 5:51 | 243 | 7:28 | 9.00 | 1:03:19 | 7:02 | 27 | 20:34 | 304 | 25:49 | | | |
| Brocken | 3.10 | 34:07 | 11:00 | 27 | 13:16 | 318 | 15:54 | 12.10 | 1:37:26 | 8:03 | 27 | 33:50 | 307 | 41:43 | | | |
| Eiserner Handwe | 3.60 | 20:17 | 5:38 | 23 | 5:46 | 254 | 7:41 | 15.70 | 1:57:43 | 7:29 | 25 | 38:38 | 290 | 49:24 | | | |
| Schlüsie | 4.10 | 19:27 | 4:44 | 21 | 6:02 | 255 | 7:30 | 19.80 | 2:17:10 | 6:55 | 25 | 42:57 | 289 | 56:54 | | | |
| Loddenke | 3.10 | 15:32 | 5:00 | 20 | 4:40 | 239 | 5:28 | 22.90 | 2:32:42 | 6:40 | 23 | 47:37 | 282 | 1:02:22 | | | |
| Ilseburg/Markt | 3.30 | 16:52 | 5:06 | 21 | 4:14 | 206 | 5:28 | 26.20 | 2:49:34 | 6:28 | 22 | 51:36 | 271 | 1:07:50 | | | |