



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 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	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