



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Fries, Jürgen

Club: Hannover
Number: 125

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:53:43

Speed: 9.05 km/h
Running performance: 6:38 min/km

Rank in course/Total: 346 (of 537)

Rank in course/Men: 300 (of 440)

Best time in course: 1:41:44

Rank in category: 40(of 61)

Best time in the category: 2:00:25

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	20:12	6:07	32	5:41	259	8:00	3.30	20:12	6:07	32	5:41	259	8:00
Schlüsie	3.10	22:42	7:19	43	6:33	314	9:18	6.40	42:54	6:42	37	11:53	291	17:18
Hermannsklippe	2.60	20:23	7:50	41	6:17	303	8:29	9.00	1:03:17	7:01	41	18:10	302	25:47
Brocken	3.10	34:25	11:06	42	11:55	331	16:12	12.10	1:37:42	8:04	43	29:39	315	41:59
Eiserner Handwe	3.60	21:00	5:49	38	7:01	274	8:24	15.70	1:58:42	7:33	39	36:24	302	50:23
Schlüsie	4.10	19:42	4:48	34	6:10	269	7:45	19.80	2:18:24	6:59	41	42:33	297	58:08
Loddenke	3.10	16:36	5:21	38	5:19	302	6:32	22.90	2:35:00	6:46	41	47:39	298	1:04:40
Ilseburg/Markt	3.30	18:43	5:40	39	5:46	309	7:19	26.20	2:53:43	6:37	40	53:18	300	1:11:59