



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Hesse, Jörn

Club: Delligser SC
Number: 52

Course: 26.20 km
Brockenlauf

Category:
Männer M35

Total time: 1:51:25

Speed: 14.11 km/h
Running performance: 4:15 min/km

Rank in course/Total: 5 (of 370)

Rank in course/Men: 5 (of 317)

Best time in course: 1:45:06

Rank in category: 1(of 30)

Best time in the category: 1:51:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	13:46	4:10	1	-	5	0:44	3.30	13:46	4:10	16		5	0:43
Schlüsie	3.10	15:22	4:57	1	-	6	1:27	6.40	29:08	4:33	16		5	1:40
Hermannsklippe	2.60	12:40	4:52	1	-	6	0:58	9.00	41:48	4:38	16		5	2:16
Brocken	3.10	20:45	6:41	1	-	6	1:44	12.10	1:02:33	5:10	16		5	2:35
Eiserner Handwe	3.60	13:14	3:40	1	-	4	0:46	15.70	1:15:47	4:49	16		5	3:21
Schlüsie	4.00	12:18	3:04	1	-	4	1:05	19.70	1:28:05	4:28	15		5	4:26
Loddenke	3.20	11:06	3:28	1	-	4	0:42	22.90	1:39:11	4:19	16		5	5:08
Ilseburg/Markt	3.30	12:14	3:42	1	-	7	1:11	26.20	1:51:25	4:15	1	-	5	6:19