



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Hesse, Jörn

Club: Delligser SC
Number: 27

Course: 26.20 km
Brockenlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:49:50

Speed: 14.20 km/h
Running performance: 4:11 min/km

Rank in course/Total: 5 (of 426)

Rank in course/Men: 5 (of 371)

Best time in course: 1:42:20

Rank in category: 1(of 47)

Best time in the category: 1:49:50

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	13:54	4:12	2	0:18	6	1:28	3.30	13:54	4:12	37		5	1:28
Schlüsie	3.10	15:07	4:52	1	-	5	1:41	6.40	29:01	4:32	37		5	3:09
Hermannsklippe	2.60	12:58	4:59	1	-	5	1:13	9.00	41:59	4:39	37		5	4:22
Brocken	3.10	19:44	6:21	1	-	3	1:38	12.10	1:01:43	5:06	37		5	6:00
Eiserner Handwe	3.60	12:52	3:34	1	-	3	0:54	15.70	1:14:35	4:45	37		5	6:12
Schlüsie	4.10	12:20	3:00	1	-	2	0:24	19.80	1:26:55	4:23	37		5	5:57
Loddenke	3.10	11:04	3:34	3	0:07	10	0:51	22.90	1:37:59	4:16	37		5	6:48
Ilseburg/Markt	3.30	11:51	3:35	1	-	3	0:42	26.20	1:49:50	4:11	1	-	5	7:30