



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Hesse, Jörn

Club: Delligser SC
Number: 24

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:50:24

Speed: 14.13 km/h
Running performance: 4:13 min/km

Rank in course/Total: 5 (of 456)

Rank in course/Men: 5 (of 399)

Best time in course: 1:39:03

Rank in category: 1(of 39)

Best time in the category: 1:50:24

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	13:52	4:12	1	-	8	1:21	3.30	13:52	4:12	31		4	1:17
Schlüsie	3.10	15:03	4:51	1	-	7	1:41	6.40	28:55	4:31	31		5	2:55
Hermannsklippe	2.60	13:02	5:00	1	-	7	1:29	9.00	41:57	4:39	31		5	4:17
Brocken	3.10	20:32	6:37	1	-	6	2:31	12.10	1:02:29	5:09	31		5	6:25
Eiserner Handwe	3.60	12:56	3:35	1	-	5	0:53	15.70	1:15:25	4:48	31		5	7:15
Schlüsie	4.10	12:19	3:00	1	-	4	1:21	19.80	1:27:44	4:25	31		5	8:36
Loddenke	3.10	10:32	3:23	1	-	4	1:08	22.90	1:38:16	4:17	31		5	9:44
Ilseburg/Markt	3.30	12:08	3:40	1	-	6	1:37	26.20	1:50:24	4:12	1	-	5	11:21