



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Jackisch, Andreas

Club: Kissenbrück
Number: 362

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:27:05

Speed: 10.69 km/h
Running performance: 5:37 min/km

Rank in course/Total: 134 (of 456)

Rank in course/Men: 127 (of 399)

Best time in course: 1:39:03

Rank in category: 28(of 99)

Best time in the category: 2:00:26

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	18:47	5:41	40	4:35	172	6:16	3.30	18:47	5:41	98		127	6:12
Schlüsie	3.10	20:07	6:29	38	4:03	180	6:45	6.40	38:54	6:04	98		127	12:54
Hermannsklippe	2.60	17:36	6:46	32	3:21	143	6:03	9.00	56:30	6:16	98		127	18:50
Brocken	3.10	28:49	9:17	26	6:11	129	10:48	12.10	1:25:19	7:03	98		127	29:15
Eiserner Handwe	3.60	16:46	4:39	22	2:23	89	4:43	15.70	1:42:05	6:30	98		127	33:55
Schlüsie	4.10	15:33	3:47	15	1:33	63	4:35	19.80	1:57:38	5:56	98		119	38:30
Loddenke	3.10	13:08	4:14	18	1:59	71	3:44	22.90	2:10:46	5:42	98		127	42:14
Ilseburg/Markt	3.30	16:19	4:56	39	4:12	164	5:48	26.20	2:27:05	5:36	28	26:39	127	48:02