



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Jahn, Andreas

Club: Groß Schwülper  
Number: 168

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:35:43

Speed: 10.02 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 183 (of 456)

Rank in course/Men: 171 (of 399)

Best time in course: 1:39:03

Rank in category: 18(of 32)

Best time in the category: 1:39:03

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	19:43	5:58	22	7:08	221	7:12	3.30	19:43	5:58	16	0:14	152	7:08
Schlüsie	3.10	20:53	6:44	23	7:28	217	7:31	6.40	40:36	6:20	16	1:33	140	14:36
Hermannsklippe	2.60	18:29	7:06	21	6:49	198	6:56	9.00	59:05	6:33	16	2:14	171	21:25
Brocken	3.10	31:04	10:01	21	12:40	199	13:03	12.10	1:30:09	7:27	16	2:50	171	34:05
Eiserner Handwe	3.60	17:59	4:59	13	5:53	153	5:56	15.70	1:48:08	6:53	16	1:35	171	39:58
Schlüsie	4.10	17:15	4:12	14	6:17	142	6:17	19.80	2:05:23	6:19	16	0:28	171	46:15
Loddenke	3.10	14:43	4:44	19	5:19	169	5:19	22.90	2:20:06	6:07	16	0:46	171	51:34
Ilseburg/Markt	3.30	15:37	4:43	13	5:06	127	5:06	26.20	2:35:43	5:56	18	56:40	171	56:40