



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Hitzing, Jan

Club: Göttingen
Number: 99

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:38:54

Speed: 9.82 km/h
Running performance: 6:04 min/km

Rank in course/Total: 204 (of 456)

Rank in course/Men: 190 (of 399)

Best time in course: 1:39:03

Rank in category: 21(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	20:03	6:04	24	7:28	241	7:32	3.30	20:03	6:04	12	0:34	190	7:28
Schlüsie	3.10	20:42	6:40	21	7:17	208	7:20	6.40	40:45	6:22	13	1:42	190	14:45
Hermannsklippe	2.60	18:22	7:03	20	6:42	189	6:49	9.00	59:07	6:34	13	2:16	190	21:27
Brocken	3.10	31:43	10:13	22	13:19	217	13:42	12.10	1:30:50	7:30	13	3:31	190	34:46
Eiserner Handwe	3.60	18:46	5:12	18	6:40	185	6:43	15.70	1:49:36	6:58	13	3:03	190	41:26
Schlüsie	4.10	18:56	4:37	21	7:58	218	7:58	19.80	2:08:32	6:29	13	3:37	190	49:24
Loddenke	3.10	14:49	4:46	20	5:25	175	5:25	22.90	2:23:21	6:15	13	4:01	190	54:49
Ilseburg/Markt	3.30	15:33	4:42	12	5:02	124	5:02	26.20	2:38:54	6:03	21	59:51	190	59:51