



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Hansen, Jan Erik

Club: Store Heddinge
Number: 333

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:33:46

Speed: 7.30 km/h
Running performance: 8:10 min/km

Rank in course/Total: 434 (of 456)

Rank in course/Men: 380 (of 399)

Best time in course: 1:39:03

Rank in category: 92(of 99)

Best time in the category: 2:00:26

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	25:30	7:43	97	11:18	392	12:59	3.30	25:30	7:43	34	3:22	380	12:55
Schlüsie	3.10	26:33	8:33	95	10:29	383	13:11	6.40	52:03	8:07	34	6:11	380	26:03
Hermannsklippe	2.60	26:00	10:00	95	11:45	385	14:27	9.00	1:18:03	8:40	34	11:27	380	40:23
Brocken	3.10	41:19	13:19	94	18:41	381	23:18	12.10	1:59:22	9:51	34	21:23	380	1:03:18
Eiserner Handwe	3.60	29:27	8:10	94	15:04	387	17:24	15.70	2:28:49	9:28	34	28:33	380	1:20:39
Schlüsie	4.10	26:48	6:32	95	12:48	382	15:50	19.80	2:55:37	8:52	34	35:43	380	1:36:29
Loddenke	3.10	17:46	5:43	77	6:37	309	8:22	22.90	3:13:23	8:26	34	38:44	380	1:44:51
Ilseburg/Markt	3.30	20:23	6:10	82	8:16	323	9:52	26.20	3:33:46	8:09	92	1:33:20	380	1:54:43