



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 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     | 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    |