



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Hesse, Jörn

Club: Delligser SC
Number: 11

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:51:48

Speed: 14.06 km/h
Running performance: 4:16 min/km

Rank in course/Total: 4 (of 492)

Rank in course/Men: 4 (of 415)

Best time in course: 1:38:33

Rank in category: 2(of 67)

Best time in the category: 1:51:23

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	13:55	4:13	3	0:12	5	2:03	3.30	13:55	4:13	51		5	
Schlüsie	3.10	15:14	4:54	2	0:32	4	2:16	6.40	29:09	4:33	51		4	4:19
Hermannsklippe	2.60	13:09	5:03	2	0:24	4	1:38	9.00	42:18	4:41	51		4	5:57
Brocken	3.10	20:04	6:28	1	-	3	2:14	12.10	1:02:22	5:09	51		4	8:11
Eiserner Handwe	3.60	13:23	3:43	1	-	6	1:21	15.70	1:15:45	4:49	51		4	9:32
Schlüsie	4.10	13:02	3:10	2	0:04	6	1:32	19.80	1:28:47	4:29	51		4	11:04
Loddenke	3.10	10:52	3:30	2	0:06	4	1:02	22.90	1:39:39	4:21	51		4	12:06
Ilseburg/Markt	3.30	12:09	3:40	3	0:12	7	3:37	26.20	1:51:48	4:16	2	0:25	4	13:15