



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Westphal, Jochen

Club: LG Elmshorn
Number: 33

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:09:12

Speed: 12.07 km/h

Rank in course/Total: 46 (of 532)

Rank in course/Men: 45 (of 452)

Best time in course: 1:36:15

Rank in category: 12(of 91)

Best time in the category: 1:55:12

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	15:53	11.33	10	1:46	47	4:07	3.30	15:53	11.33	10	1:46	47	4:07
Schlüsie	3.10	17:26	10.33	12	1:40	50	4:31	6.40	33:19	10.81	11	3:26	45	8:38
Hermannsklippe	2.60	15:08	7.93	12	1:17	49	3:53	9.00	48:27	11.15	11	4:43	46	12:31
Brocken	3.10	24:39	7.30	12	3:48	58	7:27	12.10	1:13:06	9.85	11	8:28	48	19:58
Eiserner Handwe	3.60	14:58	12.03	8	1:29	28	3:21	15.70	1:28:04	10.22	10	9:57	44	23:19
Schlüsie	4.10	14:43	16.31	10	1:36	45	3:17	19.80	1:42:47	11.09	10	11:01	43	26:36
Loddenke	3.10	12:35	14.30	15	2:01	62	2:58	22.90	1:55:22	11.44	12	12:25	47	29:34
Ilseburg/Markt	3.30	13:50	13.01	18	1:53	65	3:23	26.20	2:09:12	12.07	12	14:00	45	32:57