



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Ostendorf, Jörg

Club: Hamburg  
Number: 67

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 3:28:46

Speed: 7.53 km/h

Rank in course/Total: 513 (of 532)

Rank in course/Men: 439 (of 452)

Best time in course: 1:36:15

Rank in category: 58(of 59)

Best time in the category: 1:45:31

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	22:09	8.94	56	9:03	395	10:23	3.30	22:09	8.94	56	9:03	395	10:23
Schlüsie	3.10	25:21	7.34	58	10:58	424	12:26	6.40	47:30	8.08	58	19:49	418	22:49
Hermannsklippe	2.60	27:19	5.71	59	14:49	449	16:04	9.00	1:14:49	7.22	59	34:25	438	38:53
Brocken	3.10	38:44	4.80	58	18:54	438	21:32	12.10	1:53:33	6.39	59	53:19	440	1:00:25
Eiserner Handwe	3.60	26:56	8.02	59	14:41	443	15:19	15.70	2:20:29	6.71	59	1:08:00	441	1:15:44
Schlüsie	4.10	27:09	9.06	59	15:15	446	15:43	19.80	2:47:38	7.09	59	1:23:15	443	1:31:27
Loddenke	3.10	19:57	9.32	57	9:49	432	10:20	22.90	3:07:35	7.32	59	1:33:04	441	1:41:47
Ilseburg/Markt	3.30	21:11	9.35	56	10:11	425	10:44	26.20	3:28:46	7.53	58	1:43:15	439	1:52:31