



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Hesse, Jörn

Club: Delligser SC
Number: 13

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:54:51

Speed: 13.58 km/h
Running performance: 4:23 min/km

Rank in course/Total: 4 (of 529)

Rank in course/Men: 4 (of 447)

Best time in course: 1:39:39

Rank in category: 1(of 59)

Best time in the category: 1:54:51

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	14:07	4:16	2	0:07	8	4:30	3.30	14:07	4:16	2	0:07	8	4:30
Schlüsie	3.10	16:10	5:12	2	0:01	7	2:20	6.40	30:17	4:43	2	0:08	7	4:13
Hermannsklippe	2.60	13:41	5:15	1	-	7	2:00	9.00	43:58	4:53	1	-	7	6:08
Brocken	3.10	21:13	6:50	3	0:47	7	2:58	12.10	1:05:11	5:23	1	-	7	9:06
Eiserner Handwe	3.60	13:21	3:42	1	-	3	0:51	15.70	1:18:32	5:00	1	-	5	9:57
Schlüsie	4.10	12:41	3:05	1	-	3	0:17	19.80	1:31:13	4:36	1	-	4	10:12
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	23:38	7:09	57	11:30	417	15:20	26.20	1:54:51	4:23	1	-	4	15:12