



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Jacob, Heiko

Club: FC St. Pauli Triathlon
Number: 236

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:33:47

Speed: 10.14 km/h
Running performance: 5:52 min/km

Rank in course/Total: 186 (of 529)

Rank in course/Men: 176 (of 447)

Best time in course: 1:39:39

Rank in category: 31(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:07	5:11	17	3:07	87	7:30	3.30	17:07	5:11	17	3:07	87	7:30
Schlüsie	3.10	21:02	6:47	35	4:53	161	7:12	6.40	38:09	5:57	25	8:00	120	12:05
Hermannsklippe	2.60	19:35	7:31	47	5:54	277	7:54	9.00	57:44	6:24	34	13:46	168	19:54
Brocken	3.10	31:53	10:17	46	11:27	282	13:38	12.10	1:29:37	7:24	39	24:26	212	33:32
Eiserner Handwe	3.60	17:03	4:44	24	3:42	120	4:33	15.70	1:46:40	6:47	35	28:08	189	38:05
Schlüsie	4.10	16:51	4:06	24	4:10	124	4:27	19.80	2:03:31	6:14	33	32:18	178	42:30
Loddenke	3.10	14:08	4:33	25	3:21	144	3:48	22.90	2:17:39	6:00	30	34:14	173	46:18
Ilseburg/Markt	3.30	16:08	4:53	29	4:00	185	7:50	26.20	2:33:47	5:52	31	38:56	176	54:08