



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Hitzing, Jan

Club: Göttingen
Number: 221

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:34:07

Speed: 10.12 km/h
Running performance: 5:53 min/km

Rank in course/Total: 190 (of 529)

Rank in course/Men: 180 (of 447)

Best time in course: 1:39:39

Rank in category: 27(of 50)

Best time in the category: 1:56:54

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	17:42	5:21	16	3:38	115	8:05	3.30	17:42	5:21	16	3:38	115	8:05
Schlüsie	3.10	21:12	6:50	22	5:19	176	7:22	6.40	38:54	6:04	19	8:57	138	12:50
Hermannsklippe	2.60	18:39	7:10	31	5:03	225	6:58	9.00	57:33	6:23	22	14:00	164	19:43
Brocken	3.10	31:41	10:13	36	10:44	272	13:26	12.10	1:29:14	7:22	27	24:44	207	33:09
Eiserner Handwe	3.60	17:45	4:55	25	3:54	161	5:15	15.70	1:46:59	6:48	27	28:38	195	38:24
Schlüsie	4.10	17:09	4:10	21	3:53	149	4:45	19.80	2:04:08	6:16	26	32:31	186	43:07
Loddenke	3.10	14:15	4:35	23	2:37	156	3:55	22.90	2:18:23	6:02	27	34:58	183	47:02
Ilseburg/Markt	3.30	15:44	4:46	24	2:48	157	7:26	26.20	2:34:07	5:52	27	37:13	180	54:28