



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Ostendorf, Jörg

Club: Hamburg  
Number: 40

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 3:06:03

Speed: 8.38 km/h  
Running performance: 7:06 min/km

Rank in course/Total: 422 (of 529)

Rank in course/Men: 368 (of 447)

Best time in course: 1:39:39

Rank in category: 53(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	23:00	6:58	55	9:00	400	13:23	3.30	23:00	6:58	55	9:00	400	13:23
Schlüsie	3.10	25:26	8:12	55	9:17	377	11:36	6.40	48:26	7:34	56	18:17	397	22:22
Hermannsklippe	2.60	21:26	8:14	52	7:45	365	9:45	9.00	1:09:52	7:45	55	25:54	381	32:02
Brocken	3.10	35:10	11:20	51	14:44	361	16:55	12.10	1:45:02	8:40	54	39:51	376	48:57
Eiserner Handwe	3.60	21:21	5:55	49	8:00	341	8:51	15.70	2:06:23	8:02	54	47:51	371	57:48
Schlüsie	4.10	21:08	5:09	48	8:27	346	8:44	19.80	2:27:31	7:27	53	56:18	370	1:06:30
Loddenke	3.10	18:30	5:58	52	7:43	377	8:10	22.90	2:46:01	7:14	52	1:02:36	368	1:14:40
Ilseburg/Markt	3.30	20:02	6:04	52	7:54	368	11:44	26.20	3:06:03	7:06	53	1:11:12	368	1:26:24