



47. Brockenlauf

Ilseburg / 02.09.2017

Detailed evaluation

HESSE, Jörn

Club: Delligser SC

Number: 14

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:54:00

Speed: 13.68 km/h

Running performance: 4:21 min/km

Rank in course/Total: 7 (of 500)

Rank in course/Men: 7 (of 423)

Best time in course: 1:35:36

Rank in category: 1(of 53)

Best time in the category: 1:54:00

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	13:58	4:13	1	-	10	1:59	3.30	13:58	4:13	1	-	10	1:59
Schlüsie	3.10	15:33	5:00	1	-	9	2:48	6.40	29:31	4:36	1	-	10	4:47
Hermannsklippe	2.60	13:43	5:16	1	-	11	2:32	9.00	43:14	4:48	1	-	10	7:19
Brocken	3.10	21:07	6:48	2	0:28	9	3:43	12.10	1:04:21	5:19	1	-	10	11:02
Eiserner Handwe	3.60	13:17	3:41	1	-	5	1:37	15.70	1:17:38	4:56	1	-	8	12:39
Schlüsie	4.10	12:48	3:07	1	-	4	1:47	19.80	1:30:26	4:34	1	-	7	14:26
Loddenke	3.10	10:59	3:32	1	-	10	1:43	22.90	1:41:25	4:25	1	-	7	16:09
Ilseburg/Markt	3.30	12:35	3:48	1	-	15	2:15	26.20	1:54:00	4:21	1	-	7	18:24