



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Hesse, Jörn

Club: Delligser SC
Number: 74

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:54:19

Speed: 13.75 km/h
Running performance: 4:22 min/km

Rank in course/Total: 8 (of 506)

Rank in course/Men: 8 (of 416)

Best time in course: 1:44:43

Rank in category: 1(of 58)

Best time in the category: 1:54:19

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	14:05	4:16	1	-	11	0:39	3.30	14:05	4:16	1	-	11	0:39
Bremer Hütte	2.40	12:34	5:14	2	0:03	11	1:28	5.70	26:39	4:40	1	-	11	2:07
Hermannsklippe	3.30	16:59	5:08	2	0:21	11	2:07	9.00	43:38	4:50	1	-	11	4:13
Brocken	3.10	21:06	6:48	2	0:29	9	2:45	12.10	1:04:44	5:20	2	0:25	10	6:58
Eiserner Handwe	3.60	13:17	3:41	1	-	5	0:45	15.70	1:18:01	4:58	1	-	8	7:43
Bremer Hütte	4.10	15:31	3:47	1	-	4	0:37	19.80	1:33:32	4:43	1	-	8	8:03
Loddenke	3.10	8:20	2:41	1	-	6	0:22	22.90	1:41:52	4:26	1	-	8	8:25
Ilseburg/Markt	3.30	12:27	3:46	1	-	6	1:11	26.20	1:54:19	4:21	1	-	8	9:36