



48. Brockenlauf

Ilseburg / 01.09.2018

Detailed evaluation

Hoffmann, Jan

Club: VSV Rössing
Number: 176

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:18:57

Speed: 11.23 km/h
Running performance: 5:18 min/km

Rank in course/Total: 73 (of 506)

Rank in course/Men: 70 (of 416)

Best time in course: 1:44:43

Rank in category: 13(of 48)

Best time in the category: 1:44:43

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	18:55	5:43	24	5:29	193	5:29	3.30	18:55	5:43	24	5:29	193	5:29
Bremer Hütte	2.40	14:57	6:13	18	3:50	92	3:51	5.70	33:52	5:56	20	9:19	139	9:20
Hermannsklippe	3.30	20:08	6:06	15	5:16	86	5:16	9.00	54:00	6:00	18	14:35	117	14:35
Brocken	3.10	22:56	7:23	5	4:35	24	4:35	12.10	1:16:56	6:21	13	19:10	62	19:10
Eiserner Handwe	3.60	15:45	4:22	11	3:13	43	3:13	15.70	1:32:41	5:54	11	22:23	54	22:23
Bremer Hütte	4.10	18:11	4:26	11	3:00	46	3:17	19.80	1:50:52	5:35	12	25:23	53	25:23
Loddenke	3.10	13:01	4:11	31	5:03	282	5:03	22.90	2:03:53	5:24	13	30:26	67	30:26
Ilseburg/Markt	3.30	15:04	4:33	17	3:48	112	3:48	26.20	2:18:57	5:18	13	34:14	70	34:14