



49. Brockenlauf

Ilseburg / 07.09.2019

Detailed evaluation

Hesse, Jörn

Club: Delligser SC
Number: 74

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:55:00

Speed: 13.67 km/h
Running performance: 4:23 min/km

Rank in course/Total: 10 (of 581)

Rank in course/Men: 10 (of 475)

Best time in course: 1:39:32

Rank in category: 2(of 68)

Best time in the category: 1:51:26

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	14:18	4:20	3	0:27	14	1:14	3.30	14:18	4:20	3	0:27	14	1:14
Schlüsie	3.10	15:42	5:03	2	0:49	17	2:04	6.40	30:00	4:41	3	1:12	17	3:17
Hermannsklippe	2.60	13:33	5:12	2	0:50	18	2:09	9.00	43:33	4:50	2	2:02	17	5:26
Brocken	3.10	21:35	6:57	2	0:28	14	3:32	12.10	1:05:08	5:22	2	2:30	15	8:58
Eiserner Handwe	3.60	13:14	3:40	1	-	5	1:22	15.70	1:18:22	4:59	2	2:29	13	10:20
Schlüsie	4.10	12:57	3:09	1	-	6	1:23	19.80	1:31:19	4:36	2	2:25	10	11:43
Loddenke	3.10	11:02	3:33	2	0:25	9	1:43	22.90	1:42:21	4:28	2	2:50	10	13:26
Ilseburg/Markt	3.30	12:39	3:50	4	0:44	15	2:02	26.20	1:55:00	4:23	2	3:34	10	15:28