



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Hesse, Jörn

Club: Delligser SC
Number: 96

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:00:45

Speed: 12.92 km/h
Running performance: 4:37 min/km

Rank in course/Total: 14 (of 418)

Rank in course/Men: 14 (of 336)

Best time in course: 1:39:59

Rank in category: 1(of 60)

Best time in the category: 2:00:45

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	14:53	4:30	2	0:23	18	2:53	3.30	14:53	4:30	2	0:23	18	2:53
Schlüsie	3.10	16:17	5:15	2	0:42	21	2:50	6.40	31:10	4:52	2	1:05	20	5:43
Hermannsklippe	2.60	14:19	5:30	2	0:25	23	2:31	9.00	45:29	5:03	2	1:30	20	8:14
Brocken	3.10	22:46	7:20	1	-	20	4:36	12.10	1:08:15	5:38	2	1:24	19	12:50
Eiserner Handwe	3.60	14:19	3:58	1	-	10	2:17	15.70	1:22:34	5:15	1	-	17	15:07
Schlüsie	4.10	13:31	3:17	1	-	10	1:59	19.80	1:36:05	4:51	1	-	16	17:06
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	24:40	7:28	46	11:50	264	13:38	26.20	2:00:45	4:36	1	-	14	20:46