



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Hesse, Jörn

Club: Delligser SC
Number: 19

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:08:04

Speed: 12.18 km/h
Running performance: 4:53 min/km

Rank in course/Total: 37 (of 537)

Rank in course/Men: 33 (of 440)

Best time in course: 1:41:44

Rank in category: 3(of 55)

Best time in the category: 2:00:57

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	15:25	4:40	5	1:28	38	3:13	3.30	15:25	4:40	5	1:28	38	3:13
Schlüsie	3.10	17:24	5:36	5	1:42	44	4:00	6.40	32:49	5:07	5	3:10	39	7:13
Hermannsklippe	2.60	15:26	5:56	4	1:13	45	3:32	9.00	48:15	5:21	4	4:23	41	10:45
Brocken	3.10	23:54	7:42	3	0:48	31	5:41	12.10	1:12:09	5:57	4	5:11	37	16:26
Eiserner Handwe	3.60	14:51	4:07	4	0:43	26	2:15	15.70	1:27:00	5:32	4	5:21	36	18:41
Schlüsie	4.10	14:28	3:31	2	0:57	25	2:31	19.80	1:41:28	5:07	4	5:12	35	21:12
Loddenke	3.10	12:28	4:01	2	1:44	34	2:24	22.90	1:53:56	4:58	4	5:26	35	23:36
Ilseburg/Markt	3.30	14:08	4:16	4	1:41	46	2:44	26.20	2:08:04	4:53	3	7:07	33	26:20