



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Hovinga, Jan Pieter

Club: Beetsterzwaag
Number: 497

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:55:43

Speed: 8.88 km/h
Running performance: 6:43 min/km

Rank in course/Total: 365 (of 537)

Rank in course/Men: 316 (of 440)

Best time in course: 1:41:44

Rank in category: 44(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	21:02	6:22	39	7:05	302	8:50	3.30	21:02	6:22	39	7:05	302	8:50
Schlüsie	3.10	23:03	7:26	48	7:21	330	9:39	6.40	44:05	6:53	46	14:26	325	18:29
Hermannsklippe	2.60	20:40	7:56	45	6:27	320	8:46	9.00	1:04:45	7:11	45	20:53	323	27:15
Brocken	3.10	33:36	10:50	38	10:30	300	15:23	12.10	1:38:21	8:07	44	31:23	322	42:38
Eiserner Handwe	3.60	21:23	5:56	36	7:15	299	8:47	15.70	1:59:44	7:37	44	38:05	317	51:25
Schlüsie	4.10	21:01	5:07	44	7:30	322	9:04	19.80	2:20:45	7:06	42	44:29	319	1:00:29
Loddenke	3.10	15:59	5:09	42	5:15	269	5:55	22.90	2:36:44	6:50	44	48:14	314	1:06:24
Ilseburg/Markt	3.30	18:59	5:45	46	6:32	327	7:35	26.20	2:55:43	6:42	44	54:46	316	1:13:59