



50. Brockenlauf
Ilseburg / 04.09.2021

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: 1:58:22

Speed: 13.28 km/h
Running performance: 4:31 min/km

Rank in course/Total: 12 (of 467)

Rank in course/Men: 12 (of 387)

Best time in course: 1:40:22

Rank in category: 2 (of 50)

Best time in the category: 1:43:53

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	14:37	4:25	3	0:58	19	2:06	3.30	14:37	4:25	3	0:58	19	2:06
Schlüsie	3.10	16:19	5:15	3	2:09	29	3:15	6.40	30:56	4:49	3	3:07	19	5:20
Hermannsklippe	2.60	14:07	5:25	3	2:14	24	2:46	9.00	45:03	5:00	3	5:21	21	8:06
Brocken	3.10	21:59	7:05	2	3:27	15	4:12	12.10	1:07:02	5:32	3	8:48	18	12:18
Eiserner Handwe	3.60	13:46	3:49	2	1:04	10	1:26	15.70	1:20:48	5:08	3	9:52	15	13:43
Schlüsie	4.10	13:15	3:13	2	1:08	9	1:39	19.80	1:34:03	4:45	2	11:00	13	14:58
Loddenke	3.10	11:25	3:40	2	1:23	12	1:30	22.90	1:45:28	4:36	2	12:23	12	16:17
Ilseburg/Markt	3.30	12:54	3:54	2	2:06	19	2:06	26.20	1:58:22	4:31	2	14:29	12	18:00