



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Zick, Jens

Club: Braunschweig
Number: 165

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:33:41

Speed: 10.15 km/h
Running performance: 5:52 min/km

Rank in course/Total: 176 (of 492)

Rank in course/Men: 161 (of 415)

Best time in course: 1:38:33

Rank in category: 37(of 98)

Best time in the category: 1:58:21

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	20:56	6:20	79	6:42	320	9:04	3.30	20:56	6:20	86	1:11	148	1:20
Schlüsie	3.10	21:11	6:49	66	5:32	250	8:13	6.40	42:07	6:34	85	1:06	164	17:17
Hermannsklippe	2.60	17:57	6:54	36	4:06	155	6:26	9.00	1:00:04	6:40	85		147	23:43
Brocken	3.10	26:52	8:39	20	5:32	81	9:02	12.10	1:26:56	7:11	85		164	32:45
Eiserner Handwe	3.60	18:03	5:00	37	4:03	155	6:01	15.70	1:44:59	6:41	85		164	38:46
Schlüsie	4.10	16:53	4:07	29	3:31	115	5:23	19.80	2:01:52	6:09	85		164	44:09
Loddenke	3.10	14:55	4:48	48	3:40	195	5:05	22.90	2:16:47	5:58	85		164	49:14
Ilseburg/Markt	3.30	16:54	5:07	58	4:42	225	8:22	26.20	2:33:41	5:51	39	35:20	167	55:08