



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Zieger, Jan-Frederik

Club: Lauflin Team Göttingen
Number: 423

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:16:24

Speed: 11.44 km/h

Rank in course/Total: 84 (of 532)

Rank in course/Men: 81 (of 452)

Best time in course: 1:36:15

Rank in category: 17(of 59)

Best time in the category: 1:45:31

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:17	9.85	23	5:11	130	6:31	3.30	18:17	9.85	23	5:11	130	6:31
Schlüsie	3.10	18:52	9.54	20	4:29	101	5:57	6.40	37:09	9.69	22	9:28	111	12:28
Hermannsklippe	2.60	16:23	7.32	21	3:53	110	5:08	9.00	53:32	10.09	22	13:08	109	17:36
Brocken	3.10	25:43	7.00	21	5:53	90	8:31	12.10	1:19:15	9.09	19	19:01	99	26:07
Eiserner Handwe	3.60	16:22	11.00	17	4:07	93	4:45	15.70	1:35:37	9.41	19	23:08	94	30:52
Schlüsie	4.10	15:33	15.43	17	3:39	84	4:07	19.80	1:51:10	10.25	17	26:47	90	34:59
Loddenke	3.10	12:14	14.71	8	2:06	50	2:37	22.90	2:03:24	10.70	17	28:53	85	37:36
Ilseburg/Markt	3.30	13:00	13.85	4	2:00	23	2:33	26.20	2:16:24	11.44	17	30:53	81	40:09