



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: 11.52 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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	km/h	Pos	Behind	Pos					Behind
Loddenke	3.30	18:17	10.83	23	5:11	130	6:31	3.30	18:17	10.83	23	5:11	130	6:31				
Schlüsie	3.10	18:52	9.86	20	4:29	101	5:57	6.40	37:09	10.34	22	9:28	111	12:28				
Hermannsklippe	2.60	16:23	9.52	21	3:53	110	5:08	9.00	53:32	10.09	22	13:08	109	17:36				
Brocken	3.10	25:43	7.23	21	5:53	90	8:31	12.10	1:19:15	9.16	19	19:01	99	26:07				
Eiserner Handwe	3.60	16:22	13.20	17	4:07	93	4:45	15.70	1:35:37	9.85	19	23:08	94	30:52				
Schlüsie	4.10	15:33	15.82	17	3:39	84	4:07	19.80	1:51:10	10.69	17	26:47	90	34:59				
Loddenke	3.10	12:14	15.20	8	2:06	50	2:37	22.90	2:03:24	11.13	17	28:53	85	37:36				
Ilseburg/Markt	3.30	13:00	15.23	4	2:00	23	2:33	26.20	2:16:24	11.52	17	30:53	81	40:09				