



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Zeyn, Frank

Club: Hannover Runners
Number: 113

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:29:36

Speed: 10.51 km/h

Rank in course/Total: 195 (of 532)

Rank in course/Men: 186 (of 452)

Best time in course: 1:36:15

Rank in category: 32(of 91)

Best time in the category: 1:55:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Loddenke	3.30	18:37	10.64	32	4:30	163	6:51	3.30	18:37	10.64	32	4:30	163	6:51	
Schlüsie	3.10	19:38	9.47	28	3:52	157	6:43	6.40	38:15	10.04	28	8:22	161	13:34	
Hermannsklippe	2.60	17:24	8.97	32	3:33	174	6:09	9.00	55:39	9.70	28	11:55	160	19:43	
Brocken	3.10	27:27	6.78	31	6:36	154	10:15	12.10	1:23:06	8.74	28	18:28	155	29:58	
Eiserner Handwe	3.60	18:28	11.70	46	4:59	224	6:51	15.70	1:41:34	9.27	30	23:27	172	36:49	
Schlüsie	4.10	17:59	13.68	46	4:52	236	6:33	19.80	1:59:33	9.94	32	27:47	184	43:22	
Loddenke	3.10	14:15	13.05	35	3:41	195	4:38	22.90	2:13:48	10.27	32	30:51	185	48:00	
Ilseburg/Markt	3.30	15:48	12.53	40	3:51	209	5:21	26.20	2:29:36	10.51	32	34:24	186	53:21	