



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Zieger, Jan-Frederik

Club: Lauflin Team Göttingen
Number: 286

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:10:25

Speed: 11.96 km/h
Running performance: 4:59 min/km

Rank in course/Total: 30 (of 529)

Rank in course/Men: 29 (of 447)

Best time in course: 1:39:39

Rank in category: 7(of 59)

Best time in the category: 1:54:51

| 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 | 16:48 | 5:05 | 15 | 2:48 | 73 | 7:11 | 3.30 | 16:48 | 5:05 | 15 | 2:48 | 73 | 7:11 |
| Schlüsie | 3.10 | 18:29 | 5:57 | 10 | 2:20 | 39 | 4:39 | 6.40 | 35:17 | 5:30 | 11 | 5:08 | 54 | 9:13 |
| Hermannsklippe | 2.60 | 15:17 | 5:52 | 7 | 1:36 | 29 | 3:36 | 9.00 | 50:34 | 5:37 | 10 | 6:36 | 40 | 12:44 |
| Brocken | 3.10 | 25:18 | 8:09 | 9 | 4:52 | 45 | 7:03 | 12.10 | 1:15:52 | 6:16 | 9 | 10:41 | 40 | 19:47 |
| Eiserner Handwe | 3.60 | 14:51 | 4:07 | 6 | 1:30 | 23 | 2:21 | 15.70 | 1:30:43 | 5:46 | 9 | 12:11 | 33 | 22:08 |
| Schlüsie | 4.10 | 14:54 | 3:38 | 9 | 2:13 | 36 | 2:30 | 19.80 | 1:45:37 | 5:20 | 9 | 14:24 | 33 | 24:36 |
| Loddenke | 3.10 | 11:55 | 3:50 | 4 | 1:08 | 19 | 1:35 | 22.90 | 1:57:32 | 5:07 | 7 | 14:07 | 30 | 26:11 |
| Ilseburg/Markt | 3.30 | 12:53 | 3:54 | 3 | 0:45 | 11 | 4:35 | 26.20 | 2:10:25 | 4:58 | 7 | 15:34 | 29 | 30:46 |