



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Zeyn, Frank

Club: Hannover Runners  
Number: 62

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:26:44

Speed: 10.63 km/h  
Running performance: 5:36 min/km

Rank in course/Total: 119 (of 529)

Rank in course/Men: 114 (of 447)

Best time in course: 1:39:39

Rank in category: 23(of 75)

Best time in the category: 1:57:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Loddenke	3.30	18:05	5:28	27	3:38	143	8:28	3.30	18:05	5:28	27	3:38	143	8:28				
Schlüsie	3.10	20:28	6:36	22	4:38	121	6:38	6.40	38:33	6:01	25	8:16	132	12:29				
Hermannsklippe	2.60	17:27	6:42	24	3:57	136	5:46	9.00	56:00	6:13	21	12:13	123	18:10				
Brocken	3.10	27:12	8:46	21	5:56	103	8:57	12.10	1:23:12	6:52	21	18:09	111	27:07				
Eiserner Handwe	3.60	16:39	4:37	20	3:10	94	4:09	15.70	1:39:51	6:21	19	21:19	107	31:16				
Schlüsie	4.10	16:36	4:02	19	3:39	113	4:12	19.80	1:56:27	5:52	19	24:58	103	35:26				
Loddenke	3.10	14:10	4:34	29	2:58	150	3:50	22.90	2:10:37	5:42	19	27:10	103	39:16				
Ilseburg/Markt	3.30	16:07	4:53	39	3:27	184	7:49	26.20	2:26:44	5:36	23	29:02	114	47:05				