



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Franzke, Jan

Club: TG Wehlheiden Kassel  
Number: 226

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:39:22

Speed: 9.79 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 236 (of 529)

Rank in course/Men: 217 (of 447)

Best time in course: 1:39:39

Rank in category: 45(of 85)

Best time in the category: 1:59:41

| 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     | 18:55      | 5:43         | 39          | 4:18        | 189     | 9:18       | 3.30          | 18:55      | 5:43         | 39       | 4:18        | 189     | 9:18       |
| Schlüsie           | 3.10     | 21:26      | 6:54         | 35          | 4:49        | 185     | 7:36       | 6.40          | 40:21      | 6:18         | 38       | 9:07        | 188     | 14:17      |
| Hermannsklippe     | 2.60     | 18:48      | 7:13         | 42          | 4:33        | 233     | 7:07       | 9.00          | 59:09      | 6:34         | 40       | 13:40       | 203     | 21:19      |
| Brocken            | 3.10     | 31:11      | 10:03        | 47          | 8:27        | 245     | 12:56      | 12.10         | 1:30:20    | 7:27         | 43       | 21:58       | 219     | 34:15      |
| Eiserner Handwe    | 3.60     | 17:17      | 4:48         | 28          | 2:42        | 134     | 4:47       | 15.70         | 1:47:37    | 6:51         | 41       | 24:40       | 204     | 39:02      |
| Schlüsie           | 4.10     | 18:36      | 4:32         | 48          | 4:45        | 230     | 6:12       | 19.80         | 2:06:13    | 6:22         | 44       | 29:25       | 209     | 45:12      |
| Loddenke           | 3.10     | 15:32      | 5:00         | 48          | 4:32        | 262     | 5:12       | 22.90         | 2:21:45    | 6:11         | 43       | 33:57       | 212     | 50:24      |
| Ilseburg/Markt     | 3.30     | 17:37      | 5:20         | 51          | 5:44        | 274     | 9:19       | 26.20         | 2:39:22    | 6:04         | 45       | 39:41       | 217     | 59:43      |