



47. Brockenlauf Ilseburg / 02.09.2017

Detailed evaluation

ZIEGER, Jan-Frederik

Club: Laufline Team Göttingen
Number: 230

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:05:00

Speed: 12.58 km/h
Running performance: 4:46 min/km

Rank in course/Total: 30 (of 500)

Rank in course/Men: 29 (of 423)

Best time in course: 1:35:36

Rank in category: 6(of 53)

Best time in the category: 1:54:00

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	15:06	4:34	6	1:08	24	3:07	3.30	15:06	4:34	6	1:08	24	3:07
Schlüsle	3.10	16:38	5:21	7	1:05	32	3:53	6.40	31:44	4:57	6	2:13	23	7:00
Hermannsklippe	2.60	14:34	5:36	7	0:51	27	3:23	9.00	46:18	5:08	7	3:04	28	10:23
Brocken	3.10	24:07	7:46	8	3:28	41	6:43	12.10	1:10:25	5:49	7	6:04	34	17:06
Eiserner Handwe	3.60	14:48	4:06	4	1:31	22	3:08	15.70	1:25:13	5:25	7	7:35	28	20:14
Schlüsle	4.10	14:53	3:37	4	2:05	38	3:52	19.80	1:40:06	5:03	6	9:40	26	24:06
Loddenke	3.10	11:49	3:48	3	0:50	27	2:33	22.90	1:51:55	4:53	6	10:30	29	26:39
Ilseburg/Markt	3.30	13:05	3:57	3	0:30	24	2:45	26.20	2:05:00	4:46	6	11:00	29	29:24