



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

ZEPTNER, Jürgen

Club: LAV Alfeld
Number: 166

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:24:02

Speed: 10.83 km/h
Running performance: 5:30 min/km

Rank in course/Total: 138 (of 500)

Rank in course/Men: 132 (of 423)

Best time in course: 1:35:36

Rank in category: 9(of 45)

Best time in the category: 2:07:45

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	18:09	5:30	7	1:58	155	6:10	3.30	18:09	5:30	7	1:58	155	6:10
Schlüsie	3.10	19:03	6:08	7	1:42	129	6:18	6.40	37:12	5:48	8	3:40	141	12:28
Hermannsklippe	2.60	16:34	6:22	5	1:13	109	5:23	9.00	53:46	5:58	6	4:53	124	17:51
Brocken	3.10	27:21	8:49	7	2:27	135	9:57	12.10	1:21:07	6:42	7	6:51	127	27:48
Eiserner Handwe	3.60	17:44	4:55	10	3:14	156	6:04	15.70	1:38:51	6:17	8	10:05	135	33:52
Schlüsie	4.10	16:47	4:05	8	2:42	136	5:46	19.80	1:55:38	5:50	8	12:47	136	39:38
Loddenke	3.10	13:33	4:22	10	1:45	139	4:17	22.90	2:09:11	5:38	8	14:32	135	43:55
Ilseburg/Markt	3.30	14:51	4:30	7	1:45	124	4:31	26.20	2:24:02	5:29	9	16:17	133	48:26