



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

**ZEYN, Frank**

Club: Hannover Runners  
Number: 75

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:25:35

Speed: 10.72 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 147 (of 500)

Rank in course/Men: 141 (of 423)

Best time in course: 1:35:36

Rank in category: 30(of 85)

Best time in the category: 1:44:53

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Loddenke        | 3.30        | 17:36         | 5:20            | 26          | 4:43           | 129         | 5:37          | 3.30          | 17:36         | 5:20            | 26          | 4:43           | 129        | 5:37          |
| Schlüsie        | 3.10        | 19:35         | 6:19            | 35          | 5:09           | 166         | 6:50          | 6.40          | 37:11         | 5:48            | 30          | 9:52           | 139        | 12:27         |
| Hermannsklippe  | 2.60        | 17:15         | 6:38            | 35          | 4:28           | 159         | 6:04          | 9.00          | 54:26         | 6:02            | 30          | 14:11          | 143        | 18:31         |
| Brocken         | 3.10        | 28:23         | 9:09            | 36          | 8:35           | 171         | 10:59         | 12.10         | 1:22:49       | 6:50            | 32          | 22:46          | 153        | 29:30         |
| Eiserner Handwe | 3.60        | 16:42         | 4:38            | 22          | 4:50           | 107         | 5:02          | 15.70         | 1:39:31       | 6:20            | 27          | 27:36          | 142        | 34:32         |
| Schlüsie        | 4.10        | 16:30         | 4:01            | 28          | 4:34           | 121         | 5:29          | 19.80         | 1:56:01       | 5:51            | 26          | 32:10          | 139        | 40:01         |
| Loddenke        | 3.10        | 13:44         | 4:25            | 34          | 3:47           | 155         | 4:28          | 22.90         | 2:09:45       | 5:39            | 26          | 35:57          | 138        | 44:29         |
| Ilseburg/Markt  | 3.30        | 15:50         | 4:47            | 51          | 4:45           | 207         | 5:30          | 26.20         | 2:25:35       | 5:33            | 30          | 40:42          | 142        | 49:59         |