



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Zieger, Jan-Frederik

Club: Lauflin Team Göttingen  
Number: 443

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:03:39

Speed: 12.62 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 20 (of 506)

Rank in course/Men: 19 (of 416)

Best time in course: 1:44:43

Rank in category: 5(of 58)

Best time in the category: 1:54:19

| 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     | 14:53      | 4:30         | 5        | 0:48        | 19      | 1:27       | 3.30     | 14:53         | 4:30         | 5        | 0:48        | 19      | 1:27       |
| Bremer Hütte       | 2.40     | 12:56      | 5:23         | 5        | 0:25        | 18      | 1:50       | 5.70     | 27:49         | 4:52         | 5        | 1:10        | 18      | 3:17       |
| Hermannsklippe     | 3.30     | 17:51      | 5:24         | 6        | 1:13        | 21      | 2:59       | 9.00     | 45:40         | 5:04         | 6        | 2:02        | 20      | 6:15       |
| Brocken            | 3.10     | 23:50      | 7:41         | 9        | 3:13        | 33      | 5:29       | 12.10    | 1:09:30       | 5:44         | 6        | 5:11        | 22      | 11:44      |
| Eiserner Handwe    | 3.60     | 14:59      | 4:09         | 5        | 1:42        | 23      | 2:27       | 15.70    | 1:24:29       | 5:22         | 6        | 6:28        | 23      | 14:11      |
| Bremer Hütte       | 4.10     | 17:09      | 4:10         | 4        | 1:38        | 14      | 2:15       | 19.80    | 1:41:38       | 5:07         | 6        | 8:06        | 21      | 16:09      |
| Loddenke           | 3.10     | 8:58       | 2:53         | 4        | 0:38        | 17      | 1:00       | 22.90    | 1:50:36       | 4:49         | 5        | 8:44        | 20      | 17:09      |
| Ilseburg/Markt     | 3.30     | 13:03      | 3:57         | 3        | 0:36        | 17      | 1:47       | 26.20    | 2:03:39       | 4:43         | 5        | 9:20        | 19      | 18:56      |