



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Zieger, Jan-Frederik

Club: Laufline Team Göttingen
Number: 443

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:03:39

Speed: 12.71 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