



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Zeyn, Frank

Club: Hannover Runners
Number: 4

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:25:57

Speed: 10.77 km/h
Running performance: 5:34 min/km

Rank in course/Total: 126 (of 506)

Rank in course/Men: 117 (of 416)

Best time in course: 1:44:43

Rank in category: 19(of 66)

Best time in the category: 1:51:00

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
| Loddenke | 3.30 | 18:03 | 5:28 | 21 | 4:37 | 122 | 4:37 | 3.30 | 18:03 | 5:28 | 21 | 4:37 | 122 | 4:37 | |
| Bremer Hütte | 2.40 | 15:22 | 6:24 | 17 | 3:58 | 119 | 4:16 | 5.70 | 33:25 | 5:51 | 19 | 8:35 | 125 | 8:53 | |
| Hermannsklippe | 3.30 | 21:56 | 6:38 | 25 | 6:23 | 181 | 7:04 | 9.00 | 55:21 | 6:09 | 21 | 14:58 | 144 | 15:56 | |
| Brocken | 3.10 | 28:27 | 9:10 | 23 | 8:05 | 163 | 10:06 | 12.10 | 1:23:48 | 6:55 | 20 | 22:54 | 147 | 26:02 | |
| Eiserner Handwe | 3.60 | 16:31 | 4:35 | 13 | 3:17 | 78 | 3:59 | 15.70 | 1:40:19 | 6:23 | 19 | 26:11 | 127 | 30:01 | |
| Bremer Hütte | 4.10 | 19:26 | 4:44 | 13 | 3:56 | 82 | 4:32 | 19.80 | 1:59:45 | 6:02 | 19 | 29:25 | 119 | 34:16 | |
| Loddenke | 3.10 | 10:35 | 3:24 | 16 | 2:35 | 103 | 2:37 | 22.90 | 2:10:20 | 5:41 | 18 | 31:09 | 117 | 36:53 | |
| Ilseburg/Markt | 3.30 | 15:37 | 4:43 | 27 | 3:58 | 149 | 4:21 | 26.20 | 2:25:57 | 5:34 | 19 | 34:57 | 117 | 41:14 | |