



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Zeptner, Jürgen

Club: LAV Alfeld
Number: 441

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:28:24

Speed: 10.51 km/h
Running performance: 5:40 min/km

Rank in course/Total: 140 (of 506)

Rank in course/Men: 129 (of 416)

Best time in course: 1:44:43

Rank in category: 13(of 52)

Best time in the category: 2:08:09

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	18:10	5:30	11	1:47	128	4:44	3.30	18:10	5:30	11	1:47	128	4:44
Bremer Hütte	2.40	14:57	6:13	7	1:03	92	3:51	5.70	33:07	5:48	10	2:43	98	8:35
Hermannsklippe	3.30	20:26	6:11	10	1:58	102	5:34	9.00	53:33	5:56	9	4:41	103	14:08
Brocken	3.10	28:34	9:12	21	6:11	166	10:13	12.10	1:22:07	6:47	13	9:11	121	24:21
Eiserner Handwe	3.60	18:42	5:11	20	4:29	170	6:10	15.70	1:40:49	6:25	15	12:20	130	30:31
Bremer Hütte	4.10	20:36	5:01	14	3:19	129	5:42	19.80	2:01:25	6:07	14	15:37	131	35:56
Loddenke	3.10	11:19	3:39	17	2:22	160	3:21	22.90	2:12:44	5:47	14	17:47	129	39:17
Ilseburg/Markt	3.30	15:40	4:44	17	2:42	153	4:24	26.20	2:28:24	5:39	13	20:15	129	43:41