



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Zieger, Jan-Frederik

Club: Lauflin Team Göttingen  
Number: 580

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:07:10

Speed: 12.27 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 38 (of 581)

Rank in course/Men: 38 (of 475)

Best time in course: 1:39:32

Rank in category: 8(of 67)

Best time in the category: 1:39:32

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	15:05	4:34	6	2:00	30	2:01	3.30	15:05	4:34	6	2:00	30	2:01
Schlüsie	3.10	16:36	5:21	7	2:58	34	2:58	6.40	31:41	4:57	6	4:58	31	4:58
Hermannsklippe	2.60	14:20	5:30	7	2:56	34	2:56	9.00	46:01	5:06	7	7:54	32	7:54
Brocken	3.10	25:06	8:05	12	7:03	56	7:03	12.10	1:11:07	5:52	7	14:57	37	14:57
Eiserner Handwe	3.60	15:19	4:15	9	3:27	45	3:27	15.70	1:26:26	5:30	8	18:24	38	18:24
Schlüsie	4.10	15:01	3:39	10	3:27	52	3:27	19.80	1:41:27	5:07	9	21:51	39	21:51
Loddenke	3.10	12:13	3:56	9	2:54	46	2:54	22.90	1:53:40	4:57	8	24:45	36	24:45
Ilseburg/Markt	3.30	13:30	4:05	9	2:53	43	2:53	26.20	2:07:10	4:51	8	27:38	38	27:38