



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Siggemann, Sebastian

Number: 677

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 44:22

Speed: 12.98 km/h

Running performance: 4:37 min/km

Rank in course/Total: 18 (of 174)

Rank in course/Men: 15 (of 112)

Best time in course: 34:18

Rank in category: 1(of 9)

Best time in the category: 44:22

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
Ilsestein	4.10	21:59	5:21	1	-	14	5:20	4.10	21:59	5:21	1	-	16	5:20
Loddenke	2.20	8:42	3:57	2	0:18	19	1:48	6.30	30:41	4:52	1	-	16	7:08
Ilseburg/Markt	3.30	13:41	4:08	2	1:07	27	2:56	9.60	44:22	4:37	1	-	15	10:04