



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Lamm, Siegfried

Club: HGL Wernigerode
Number: 529

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 49:36

Speed: 10.89 km/h
Running performance: 5:10 min/km

Rank in course/Total: 57 (of 174)

Rank in course/Men: 48 (of 112)

Best time in course: 34:18

Rank in category: 6(of 12)

Best time in the category: 37:30

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	24:20	5:56	5	5:51	44	7:41	4.10	24:20	5:56	7	5:51	49	7:41
Loddenke	2.20	10:25	4:44	7	3:00	63	3:31	6.30	34:45	5:30	7	8:51	49	11:12
Ilseburg/Markt	3.30	14:51	4:30	6	3:15	52	4:06	9.60	49:36	5:10	6	12:06	48	15:18