



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Siegl, Olaf

Club: Ilseburg
Number: 670

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:00:43

Speed: 8.89 km/h
Running performance: 6:19 min/km

Rank in course/Total: 146 (of 174)

Rank in course/Men: 100 (of 112)

Best time in course: 34:18

Rank in category: 11(of 12)

Best time in the category: 42:34

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	29:00	7:04	10	7:52	86	12:21	4.10	29:00	7:04	11	7:52	100	12:21
Loddenke	2.20	13:06	5:57	11	4:33	104	6:12	6.30	42:06	6:40	11	12:25	97	18:33
Ilseburg/Markt	3.30	18:37	5:38	11	5:44	106	7:52	9.60	1:00:43	6:19	11	18:09	100	26:25