



# 43. Brockenlauf

Ilseburg / 07.09.2013

## Detailed evaluation

Lamm, Siegfried

Club: HGL Wernigerode  
Number: 559

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 51:16

Speed: 10.53 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 62 (of 170)

Rank in course/Men: 50 (of 111)

Best time in course: 33:31

Rank in category: 5(of 13)

Best time in the category: 43:35

## 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	24:52	6:03	4	3:24	42	8:29	4.10	24:52	6:03	5	3:24	49	8:11	
Loddenke	2.20	11:00	5:00	7	2:39	71	4:26	6.30	35:52	5:41	5	6:03	49	12:37	
Ilseburg/Markt	3.30	15:24	4:40	3	1:38	54	5:11	9.60	51:16	5:20	5	7:41	50	17:45	