



43. Brockenlauf  
Ilsenburg / 07.09.2013

Detailed evaluation

Siegel, Olaf

Club: BLV Ilsenburg  
Number: 680

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:00:26

Speed: 8.94 km/h  
Running performance: 6:18 min/km

Rank in course/Total: 129 (of 170)

Rank in course/Men: 91 (of 111)

Best time in course: 33:31

Rank in category: 12(of 14)

Best time in the category: 45:32

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	29:21	7:09	11	6:24	86	12:58	4.10	29:21	7:09	12	6:24	82	12:40
Loddenke	2.20	12:19	5:35	13	3:27	97	5:45	6.30	41:40	6:36	12	9:51	91	18:25
Ilsenburg/Markt	3.30	18:46	5:41	13	5:13	102	8:33	9.60	1:00:26	6:17	12	14:54	91	26:55