



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Lamm, Siegfried

Club: Harz-Gebirgslauf Wernigerode
Number: 539

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 53:43

Speed: 10.72 km/h
Running performance: 5:36 min/km

Rank in course/Total: 75 (of 175)

Rank in course/Men: 62 (of 119)

Best time in course: 33:35

Rank in category: 2(of 7)

Best time in the category: 51:45

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	26:06	6:21	2	0:46	58	9:28	4.10	26:06	6:21	2	0:46	63		
Loddenke	2.20	11:38	5:17	5	0:56	81	4:55	6.30	37:44	5:59	2	1:42	63		
Ilseburg/Markt	3.30	15:59	4:50	5	0:50	66	5:47	9.60	53:43	5:35	2	1:58	63	20:08	