



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Siegl, Olaf

Club: Brockenlaufverein Ilseburg
Number: 660

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 58:41

Speed: 9.82 km/h
Running performance: 6:07 min/km

Rank in course/Total: 119 (of 175)

Rank in course/Men: 93 (of 119)

Best time in course: 33:35

Rank in category: 8(of 12)

Best time in the category: 45:46

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|----------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Ilsestein | 4.10 | 28:58 | 7:03 | 8 | 6:06 | 92 | 12:20 | 4.10 | 28:58 | 7:03 | 8 | 6:06 | 93 | 0:34 |
| Loddenke | 2.20 | 11:48 | 5:21 | 8 | 2:43 | 85 | 5:05 | 6.30 | 40:46 | 6:28 | 8 | 8:37 | 93 | 1:10 |
| Ilseburg/Markt | 3.30 | 17:55 | 5:25 | 8 | 4:18 | 99 | 7:43 | 9.60 | 58:41 | 6:06 | 8 | 12:55 | 96 | 25:06 |