



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Lamm, Siegfried

Club: Harz-Gebirgslauf Wernigerode
Number: 658

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 53:56

Speed: 10.01 km/h

Rank in course/Total: 105 (of 208)

Rank in course/Men: 82 (of 134)

Best time in course: 32:58

Rank in category: 4(of 8)

Best time in the category: 43:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	6.30	37:53	9.50	4	7:29	78	14:57	6.30	37:53	9.50	4	7:29	78	14:57
Ilseburg/Markt	3.30	16:03	11.21	4	3:12	90	6:07	9.60	53:56	10.01	4	10:41	82	20:58