



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Siegl, Olaf

Club: Brockenlauf  
Number: 810

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:02:55

Speed: 9.15 km/h  
Running performance: 6:33 min/km

Rank in course/Total: 171 (of 193)

Rank in course/Men: 124 (of 136)

Best time in course: 33:44

Rank in category: 13(of 13)

Best time in the category: 40:21

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
Loddenke	6.30	43:39	6:55	13	15:21	119	20:39	6.30	43:39	6:55	13	15:21	119	20:39
Ilseburg/Markt	3.30	19:16	5:50	13	7:13	122	8:59	9.60	1:02:55	6:33	13	22:34	124	29:11