



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: 8.58 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	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
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