



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

SIEGL, Olaf

Club: Brockenlaufverein
Number: 766

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:01:45

Speed: 8.74 km/h
Running performance: 6:26 min/km

Rank in course/Total: 149 (of 181)

Rank in course/Men: 106 (of 120)

Best time in course: 33:03

Rank in category: 10(of 11)

Best time in the category: 43:41

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	31:08	7:35	10	9:05	106	14:50	4.10	31:08	7:35	10	9:05	106	14:50
Loddenke	2.20	12:21	5:36	10	3:37	101	5:49	6.30	43:29	6:54	10	12:42	106	20:39
Ilseburg/Markt	3.30	18:16	5:32	11	5:22	109	8:12	9.60	1:01:45	6:25	10	18:04	106	28:42