



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Siegl, Olaf

Club: Brockenlaufverein
Number: 777

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:02:13

Speed: 8.68 km/h
Running performance: 6:29 min/km

Rank in course/Total: 167 (of 230)

Rank in course/Men: 111 (of 136)

Best time in course: 34:12

Rank in category: 14(of 14)

Best time in the category: 41:49

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	
Ilsestein	4.10	31:33	7:41	14	10:39	115	14:29	4.10	31:33	7:41	14	10:39	115	14:29	
Loddenke	2.20	12:10	5:31	14	3:53	98	5:22	6.30	43:43	6:56	14	14:32	111	19:51	
Ilseburg/Markt	3.30	18:30	5:36	14	6:11	108	8:10	9.60	1:02:13	6:28	14	20:24	112	28:01	