



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: 9.26 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	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	31:33	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