



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Siegl, Olaf

Club: Brockenlauf
Number: 845

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:04:48

Speed: 8.89 km/h
Running performance: 6:45 min/km

Rank in course/Total: 177 (of 210)

Rank in course/Men: 116 (of 132)

Best time in course: 33:33

Rank in category: 19(of 19)

Best time in the category: 38:15

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	32:11	7:50	19	12:55	115	15:51	4.10	32:11	7:50	19	12:55	115	15:51
Loddenke	2.20	12:50	5:49	19	5:15	116	6:05	6.30	45:01	7:08	19	18:10	114	21:54
Ilseburg/Markt	3.30	19:47	5:59	19	8:23	122	9:21	9.60	1:04:48	6:45	19	26:33	116	31:15