



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Sandtner, Wolfgang

Club: Tough Guy

Number: 589

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M40

Total time: 56:49

Speed: 10.56 km/h

Running performance: 5:41 min/km

Rank in course/Total: 88 (of 135)

Rank in course/Men: 66 (of 85)

Best time in course: 34:06

Rank in category: 9(of 9)

Best time in the category: 37:58

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	26:45	6:31	8	7:28	58	10:10	4.10	26:45	6:31	9	7:28	42	0:28
Lap 1	1.60	7:27	4:39	6	1:45	39	2:24	5.70	34:12	6:00	9	9:12	42	
Last lap Finish	4.30	22:37	5:15	9	9:39	80	10:10	10.00	56:49	5:40	9	18:51	66	22:43