



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Fricke, Hermann

Club: SV Arminia Klein Döhren

Number: 520

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M60

Total time: 56:50

Speed: 10.56 km/h

Running performance: 5:41 min/km

Rank in course/Total: 89 (of 135)

Rank in course/Men: 67 (of 85)

Best time in course: 34:06

Rank in category: 4(of 4)

Best time in the category: 46:11

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	27:59	6:49	4	5:31	66	11:24	4.10	27:59	6:49	4	5:31	41	1:42
Lap 1	1.60	9:32	5:57	4	2:21	77	4:29	5.70	37:31	6:34	4	7:47	41	3:08
Last lap Finish	4.30	19:19	4:29	3	2:52	63	6:52	10.00	56:50	5:41	4	10:39	67	22:44