



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Deckmann, Hans-Joachim**

Club: TV Germania Wiedlah

Number: 584

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M70

Total time: 56:51

Speed: 10.55 km/h

Running performance: 5:41 min/km

Rank in course/Total: 90 (of 135)

Rank in course/Men: 68 (of 85)

Best time in course: 34:06

Rank in category: 4(of 9)

Best time in the category: 47:41

### 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	29:47	7:15	5	6:15	75	13:12	4.10	29:47	7:15	4	6:15	40	3:30
Lap 1	1.60	8:31	5:19	5	1:18	66	3:28	5.70	38:18	6:43	4	7:33	40	3:55
Last lap Finish	4.30	18:33	4:18	4	1:37	60	6:06	10.00	56:51	5:41	4	9:10	68	22:45