



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Dehmel, Egon**

Club: LWG Wernigerode

Number: 502

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M70

Total time: 57:00

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 91 (of 135)

Rank in course/Men: 69 (of 85)

Best time in course: 34:06

Rank in category: 5(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	28:43	7:00	4	5:11	70	12:08	4.10	28:43	7:00	5	5:11	39	2:26
Lap 1	1.60	9:26	5:53	6	2:13	75	4:23	5.70	38:09	6:41	5	7:24	39	3:46
Last lap Finish	4.30	18:51	4:23	5	1:55	61	6:24	10.00	57:00	5:42	5	9:19	69	22:54