



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Hänsch, Jochen

Club: LG Hasserode

Number: 531

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M65

Total time: 58:15

Speed: 10.30 km/h

Running performance: 5:49 min/km

Rank in course/Total: 98 (of 135)

Rank in course/Men: 71 (of 85)

Best time in course: 34:06

Rank in category: 1(of 4)

Best time in the category: 58:15

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	28:27	6:56	1	-	69	11:52	4.10	28:27	6:56	1	-	37	2:10
Lap 1	1.60	8:43	5:26	1	-	69	3:40	5.70	37:10	6:31	1	-	37	2:47
Last lap Finish	4.30	21:05	4:54	4	0:22	75	8:38	10.00	58:15	5:49	1	-	71	24:09