



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Soltau, Dieter

Club: PSV Welfenweg

Number: 565

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M70

Total time: 58:53

Speed: 10.19 km/h

Running performance: 5:53 min/km

Rank in course/Total: 100 (of 135)

Rank in course/Men: 72 (of 85)

Best time in course: 34:06

Rank in category: 6(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	30:24	7:24	6	6:52	76	13:49	4.10	30:24	7:24	6	6:52	36	4:07
Lap 1	1.60	8:16	5:10	4	1:03	61	3:13	5.70	38:40	6:47	6	7:55	36	4:17
Last lap Finish	4.30	20:13	4:42	6	3:17	68	7:46	10.00	58:53	5:53	6	11:12	72	24:47