



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Brenzel, Dr. Lothar

Club: Rennsteiglaufverein

Number: 516

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M65

Total time: 59:31

Speed: 10.08 km/h

Running performance: 5:57 min/km

Rank in course/Total: 105 (of 135)

Rank in course/Men: 74 (of 85)

Best time in course: 34:06

Rank in category: 3(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	29:09	7:06	2	0:42	71	12:34	4.10	29:09	7:06	2	0:42	34	2:52
Lap 1	1.60	9:23	5:51	3	0:40	73	4:20	5.70	38:32	6:45	3	1:22	34	4:09
Last lap Finish	4.30	20:59	4:52	3	0:16	74	8:32	10.00	59:31	5:57	2	1:16	73	25:25