



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Ohlhoff, Kim

Club: Hannover

Number: 505

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M30

Total time: 1:00:11

Speed: 9.97 km/h

Running performance: 6:01 min/km

Rank in course/Total: 111 (of 135)

Rank in course/Men: 76 (of 85)

Best time in course: 34:06

Rank in category: 3(of 4)

Best time in the category: 48:00

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	28:14	6:53	4	4:32	68	11:39	4.10	28:14	6:53	3	4:32	32	1:57
Lap 1	1.60	10:22	6:28	3	2:55	82	5:19	5.70	38:36	6:46	3	7:27	32	4:13
Last lap Finish	4.30	21:35	5:01	3	4:44	76	9:08	10.00	1:00:11	6:01	3	12:11	76	26:05