



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Wittig, René

Club: Erst laufen dann saufen

Number: 600

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: 112 (of 135)

Rank in course/Men: 77 (of 85)

Best time in course: 34:06

Rank in category: 4(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	28:08	6:51	3	4:26	67	11:33	4.10	28:08	6:51	4	4:26	31	1:51
Lap 1	1.60	10:27	6:31	4	3:00	83	5:24	5.70	38:35	6:46	4	7:26	31	4:12
Last lap Finish	4.30	21:36	5:01	4	4:45	77	9:09	10.00	1:00:11	6:01	3	12:11	76	26:05