



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Stiegl, Olaf

Club: Ilseburg

Number: 547

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M35

Total time: 1:00:55

Speed: 9.85 km/h

Running performance: 6:05 min/km

Rank in course/Total: 115 (of 135)

Rank in course/Men: 78 (of 85)

Best time in course: 34:06

Rank in category: 6(of 7)

Best time in the category: 41:38

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	29:14	7:07	5	9:07	73	12:39	4.10	29:14	7:07	6	9:07	30	2:57
Lap 1	1.60	10:00	6:15	7	3:48	79	4:57	5.70	39:14	6:52	6	12:55	30	4:51
Last lap Finish	4.30	21:41	5:02	6	6:47	78	9:14	10.00	1:00:55	6:05	6	19:17	78	26:49