



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Lautenschläger, Bernd

Club: BLV Ilseburg

Number: 628

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M65

Total time: 1:01:11

Speed: 9.81 km/h

Running performance: 6:07 min/km

Rank in course/Total: 118 (of 135)

Rank in course/Men: 79 (of 85)

Best time in course: 34:06

Rank in category: 4(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	31:20	7:38	4	2:53	78	14:45	4.10	31:20	7:38	4	2:53	29	5:03
Lap 1	1.60	9:08	5:42	2	0:25	72	4:05	5.70	40:28	7:05	4	3:18	29	6:05
Last lap Finish	4.30	20:43	4:49	1	-	72	8:16	10.00	1:01:11	6:07	4	2:56	79	27:05