



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Krause, Karl-Heinz**

Club: Erst laufen dann saufen

Number: 503

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M45

Total time: 1:01:26

Speed: 9.77 km/h

Running performance: 6:08 min/km

Rank in course/Total: 119 (of 135)

Rank in course/Men: 80 (of 85)

Best time in course: 34:06

Rank in category: 7(of 7)

Best time in the category: 37:27

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Ilsestein	4.10	32:23	7:53	7	13:58	79	15:48	4.10	32:23	7:53	7	13:35	28	6:06
Lap 1	1.60	8:56	5:34	7	3:22	70	3:53	5.70	41:19	7:14	7	16:57	28	6:56
Last lap Finish	4.30	20:07	4:40	7	7:02	67	7:40	10.00	1:01:26	6:08	7	23:59	80	27:20