



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Göbel, Matthias

Club: NSV Wernigerode

Number: 526

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M20

Total time: 34:40

Speed: 17.31 km/h

Running performance: 3:28 min/km

Rank in course/Total: 2 (of 135)

Rank in course/Men: 2 (of 85)

Best time in course: 34:06

Rank in category: 2(of 11)

Best time in the category: 34:06

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	16:35	4:02	1	-	1	-	4.10	16:35	4:02	2			63	
Lap 1	1.60	5:17	3:18	2	0:14	2	0:14	5.70	21:52	3:50	2	0:13		63	
Last lap Finish	4.30	12:48	2:58	3	0:21	3	0:21	10.00	34:40	3:27	2	0:34		2	0:34