



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Niespor, Rene

Club: SV Prießnitz

Number: 550

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M35

Total time: 1:05:51

Speed: 9.11 km/h

Running performance: 6:35 min/km

Rank in course/Total: 128 (of 135)

Rank in course/Men: 81 (of 85)

Best time in course: 34:06

Rank in category: 7(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	33:07	8:04	7	13:00	80	16:32	4.10	33:07	8:04	7	13:00	27	6:50
Lap 1	1.60	9:28	5:54	6	3:16	76	4:25	5.70	42:35	7:28	7	16:16	27	8:12
Last lap Finish	4.30	23:16	5:24	7	8:22	83	10:49	10.00	1:05:51	6:35	7	24:13	81	31:45