



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Zeidler, Günter

Club: Pattensen Stadtteil Jeinsen

Number: 571

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M70

Total time: 1:05:56

Speed: 9.10 km/h

Running performance: 6:35 min/km

Rank in course/Total: 129 (of 135)

Rank in course/Men: 82 (of 85)

Best time in course: 34:06

Rank in category: 7(of 9)

Best time in the category: 47:41

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	33:50	8:15	7	10:18	81	17:15	4.10	33:50	8:15	7	10:18	26	7:33
Lap 1	1.60	10:03	6:16	7	2:50	80	5:00	5.70	43:53	7:41	7	13:08	26	9:30
Last lap Finish	4.30	22:03	5:07	7	5:07	79	9:36	10.00	1:05:56	6:35	7	18:15	82	31:50