



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Pilz, Helmut

Club: TG-La.Pe.Ka.Osterode

Number: 552

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M70

Total time: 1:07:58

Speed: 8.83 km/h

Running performance: 6:48 min/km

Rank in course/Total: 131 (of 135)

Rank in course/Men: 84 (of 85)

Best time in course: 34:06

Rank in category: 8(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	34:31	8:25	8	10:59	83	17:56	4.10	34:31	8:25	8	10:59	24	8:14
Lap 1	1.60	10:17	6:25	8	3:04	81	5:14	5.70	44:48	7:51	8	14:03	24	10:25
Last lap Finish	4.30	23:10	5:23	8	6:14	82	10:43	10.00	1:07:58	6:47	8	20:17	84	33:52