



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Dr. Osteroth, Günther

Club: Thale

Number: 585

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M70

Total time: 1:20:37

Speed: 7.44 km/h

Running performance: 8:04 min/km

Rank in course/Total: 135 (of 135)

Rank in course/Men: 85 (of 85)

Best time in course: 34:06

Rank in category: 9(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Ilsestein	4.10	42:57	10:28	9	19:25	84	26:22	4.10	42:57	10:28	9	19:25	23	16:40
Lap 1	1.60	12:08	7:34	9	4:55	84	7:05	5.70	55:05	9:39	9	24:20	23	20:42
Last lap Finish	4.30	25:32	5:56	9	8:36	84	13:05	10.00	1:20:37	8:03	9	32:56	85	46:31