



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Pohl, Alexander

Club: VFB Germania Halberstadt

Number: 593

Course: 10.00 km

Ilsesteinlauf

Category:

männliche Jugend A

Total time: 35:10

Speed: 17.06 km/h

Running performance: 3:31 min/km

Rank in course/Total: 3 (of 135)

Rank in course/Men: 3 (of 85)

Best time in course: 34:06

Rank in category: 1(of 11)

Best time in the category: 35:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Cat.	Cat.	Men				
Ilsestein	4.10	16:57	4:08	1	-	3	0:22	4.10	16:57	4:08	1	-	62				
Lap 1	1.60	5:25	3:23	1	-	4	0:22	5.70	22:22	3:55	1	-	62				
Last lap Finish	4.30	12:48	2:58	1	-	3	0:21	10.00	35:10	3:30	1	-	3	1:04			