



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Stagge, Fabian

Club: NSV Wernigerode

Number: 567

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M20

Total time: 35:15

Speed: 17.02 km/h

Running performance: 3:31 min/km

Rank in course/Total: 4 (of 135)

Rank in course/Men: 4 (of 85)

Best time in course: 34:06

Rank in category: 3(of 11)

Best time in the category: 34:06

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	17:26	4:15	3	0:51	5	0:51	4.10	17:26	4:15	3	0:50	61		
Lap 1	1.60	5:18	3:18	3	0:15	3	0:15	5.70	22:44	3:59	3	1:05	61		
Last lap Finish	4.30	12:31	2:54	2	0:04	2	0:04	10.00	35:15	3:31	3	1:09	4	1:09	