



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Lippe, Florian

Club: Harz-Gebirgslauf Wernigerode

Number: 647

Course: 10.00 km

Ilsesteinlauf

Category:

männliche Jugend A

Total time: 35:38

Speed: 16.84 km/h

Running performance: 3:34 min/km

Rank in course/Total: 5 (of 135)

Rank in course/Men: 5 (of 85)

Best time in course: 34:06

Rank in category: 2(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.	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	17:05	4:10	2	0:08	4	0:30	4.10	17:05	4:10	2	0:08	60	
Lap 1	1.60	5:27	3:24	2	0:02	5	0:24	5.70	22:32	3:57	2	0:10	60	
Last lap Finish	4.30	13:06	3:02	2	0:18	7	0:39	10.00	35:38	3:33	2	0:28	5	1:32