



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Albrecht, Hagen

Club: NSV Wernigerode

Number: 511

Course: 10.00 km

Ilsesteinlauf

Category:

männliche Jugend A

Total time: 37:18

Speed: 16.09 km/h

Running performance: 3:44 min/km

Rank in course/Total: 7 (of 135)

Rank in course/Men: 6 (of 85)

Best time in course: 34:06

Rank in category: 3(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	18:08	4:25	3	1:11	6	1:33	4.10	18:08	4:25	3	1:11	59		
Lap 1	1.60	5:29	3:25	3	0:04	6	0:26	5.70	23:37	4:08	3	1:15	59		
Last lap Finish	4.30	13:41	3:10	5	0:53	13	1:14	10.00	37:18	3:43	3	2:08	6	3:12	