



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Markfeld, Jürgen

Club: TuS Hasede

Number: 548

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M45

Total time: 37:27

Speed: 16.02 km/h

Running performance: 3:44 min/km

Rank in course/Total: 8 (of 135)

Rank in course/Men: 7 (of 85)

Best time in course: 34:06

Rank in category: 1(of 7)

Best time in the category: 37:27

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	18:48	4:35	2	0:23	8	2:13	4.10	18:48	4:35	1	-	58		
Lap 1	1.60	5:34	3:28	1	-	7	0:31	5.70	24:22	4:16	1	-	58		
Last lap Finish	4.30	13:05	3:02	1	-	6	0:38	10.00	37:27	3:44	1	-	7	3:21	