



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Weis, Matthias

Club: LTC Berlin

Number: 569

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M45

Total time: 37:53

Speed: 15.84 km/h

Running performance: 3:47 min/km

Rank in course/Total: 9 (of 135)

Rank in course/Men: 8 (of 85)

Best time in course: 34:06

Rank in category: 2(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	18:25	4:29	1	-	7	1:50	4.10	18:25	4:29	2			57	
Lap 1	1.60	5:52	3:39	3	0:18	14	0:49	5.70	24:17	4:15	2			57	
Last lap Finish	4.30	13:36	3:09	2	0:31	11	1:09	10.00	37:53	3:47	2	0:26		8	3:47