



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Schließburg, Daniel

Club: Harz-Gebirgslauf Wernigerode

Number: 558

Course: 10.00 km

Ilsesteinlauf

Category:

männliche Jugend A

Total time: 38:19

Speed: 15.66 km/h

Running performance: 3:50 min/km

Rank in course/Total: 11 (of 135)

Rank in course/Men: 10 (of 85)

Best time in course: 34:06

Rank in category: 4(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	19:00	4:38	4	2:03	9	2:25	4.10	19:00	4:38	4	2:03	55	
Lap 1	1.60	5:51	3:39	5	0:26	13	0:48	5.70	24:51	4:21	4	2:29	52	
Last lap Finish	4.30	13:28	3:07	3	0:40	8	1:01	10.00	38:19	3:49	4	3:09	10	4:13