



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Kaufhold, Thomas

Club: HSV Medizin Magdeburg e.V.

Number: 538

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M55

Total time: 38:30

Speed: 15.58 km/h

Running performance: 3:51 min/km

Rank in course/Total: 13 (of 135)

Rank in course/Men: 12 (of 85)

Best time in course: 34:06

Rank in category: 1(of 8)

Best time in the category: 38:30

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	19:10	4:40	1	-	12	2:35	4.10	19:10	4:40	1	-	53	
Lap 1	1.60	5:43	3:34	1	-	9	0:40	5.70	24:53	4:21	1	-	43	
Last lap Finish	4.30	13:37	3:10	1	-	12	1:10	10.00	38:30	3:51	1	-	12	4:24