



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Korzonnek, Göran

Club: NSV Wernigerode

Number: 541

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M45

Total time: 38:41

Speed: 15.51 km/h

Running performance: 3:52 min/km

Rank in course/Total: 14 (of 135)

Rank in course/Men: 13 (of 85)

Best time in course: 34:06

Rank in category: 3(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	19:04	4:39	3	0:39	10	2:29	4.10	19:04	4:39	3	0:16	52		
Lap 1	1.60	5:47	3:36	2	0:13	12	0:44	5.70	24:51	4:21	3	0:29	52		
Last lap Finish	4.30	13:50	3:13	3	0:45	14	1:23	10.00	38:41	3:52	3	1:14	13	4:35	