



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Lippe, Michael**

Club: Harz-Gebirgslauf Wernigerode

Number: 546

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M40

Total time: 38:42

Speed: 15.50 km/h

Running performance: 3:52 min/km

Rank in course/Total: 15 (of 135)

Rank in course/Men: 14 (of 85)

Best time in course: 34:06

Rank in category: 2(of 9)

Best time in the category: 37:58

### 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	19:32	4:45	2	0:15	14	2:57	4.10	19:32	4:45	2	0:15	51		
Lap 1	1.60	5:42	3:33	1	-	8	0:39	5.70	25:14	4:25	2	0:14	51		
Last lap Finish	4.30	13:28	3:07	2	0:30	8	1:01	10.00	38:42	3:52	2	0:44	14	4:36	