



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Klafke, Wolfram

Club: TSV Niederndodeleben

Number: 582

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M50

Total time: 40:53

Speed: 14.68 km/h

Running performance: 4:05 min/km

Rank in course/Total: 16 (of 135)

Rank in course/Men: 15 (of 85)

Best time in course: 34:06

Rank in category: 1(of 7)

Best time in the category: 40:53

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	19:53	4:50	1	-	15	3:18	4.10	19:53	4:50	1	-	50	
Lap 1	1.60	6:12	3:52	1	-	16	1:09	5.70	26:05	4:34	1	-	50	
Last lap Finish	4.30	14:48	3:26	1	-	16	2:21	10.00	40:53	4:05	1	-	15	6:47