



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Hempel, Klaus

Club: USV TU Dresden

Number: 532

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M45

Total time: 41:16

Speed: 14.54 km/h

Running performance: 4:08 min/km

Rank in course/Total: 17 (of 135)

Rank in course/Men: 16 (of 85)

Best time in course: 34:06

Rank in category: 4(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	20:18	4:57	4	1:53	18	3:43	4.10	20:18	4:57	4	1:30	49		
Lap 1	1.60	6:03	3:46	4	0:29	15	1:00	5.70	26:21	4:37	4	1:59	49		
Last lap Finish	4.30	14:55	3:28	4	1:50	18	2:28	10.00	41:16	4:07	4	3:49	16	7:10	