



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Gerlach, Marcel

Club: Harz-Gebirgslauf Wernigerode

Number: 525

Course: 10.00 km

Ilsesteinlauf

Category:

männliche Jugend A

Total time: 41:32

Speed: 14.45 km/h

Running performance: 4:09 min/km

Rank in course/Total: 18 (of 135)

Rank in course/Men: 17 (of 85)

Best time in course: 34:06

Rank in category: 6(of 11)

Best time in the category: 35:10

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	20:15	4:56	6	3:18	17	3:40	4.10	20:15	4:56	6	3:18	48	
Lap 1	1.60	6:31	4:04	6	1:06	22	1:28	5.70	26:46	4:41	6	4:24	48	
Last lap Finish	4.30	14:46	3:26	6	1:58	15	2:19	10.00	41:32	4:09	6	6:22	17	7:26