



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Grüning, Heiko

Club: NSV Wernigerode

Number: 527

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M35

Total time: 41:38

Speed: 14.41 km/h

Running performance: 4:10 min/km

Rank in course/Total: 19 (of 135)

Rank in course/Men: 18 (of 85)

Best time in course: 34:06

Rank in category: 1(of 7)

Best time in the category: 41:38

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	20:07	4:54	1	-	16	3:32	4.10	20:07	4:54	1	-	47	
Lap 1	1.60	6:12	3:52	1	-	16	1:09	5.70	26:19	4:37	1	-	47	
Last lap Finish	4.30	15:19	3:33	2	0:25	22	2:52	10.00	41:38	4:09	1	-	18	7:32