



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Eggert, Sven

Club: NSV Wernigerode

Number: 519

Course: 10.00 km

Ilsesteinlauf

Category:

männliche Jugend A

Total time: 43:31

Speed: 13.79 km/h

Running performance: 4:21 min/km

Rank in course/Total: 22 (of 135)

Rank in course/Men: 20 (of 85)

Best time in course: 34:06

Rank in category: 7(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	21:43	5:17	7	4:46	22	5:08	4.10	21:43	5:17	7	4:46	45	
Lap 1	1.60	6:41	4:10	8	1:16	25	1:38	5.70	28:24	4:58	7	6:02	45	
Last lap Finish	4.30	15:07	3:30	7	2:19	20	2:40	10.00	43:31	4:21	7	8:21	20	9:25