



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Runge, Sebastian

Club: Clausthal

Number: 594

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M20

Total time: 43:32

Speed: 13.78 km/h

Running performance: 4:21 min/km

Rank in course/Total: 23 (of 135)

Rank in course/Men: 21 (of 85)

Best time in course: 34:06

Rank in category: 4(of 11)

Best time in the category: 34:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	22:01	5:22	5	5:26	24	5:26	4.10	22:01	5:22	4	5:25	44	
Lap 1	1.60	6:28	4:02	4	1:25	21	1:25	5.70	28:29	4:59	4	6:50	44	
Last lap Finish	4.30	15:03	3:30	4	2:36	19	2:36	10.00	43:32	4:21	4	9:26	21	9:26