



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Suttkus, Valentin

Club: WSV Benneckenstein

Number: 578

Course: 10.00 km

Ilsesteinlauf

Category:

männliche Schüler A

Total time: 43:34

Speed: 13.77 km/h

Running performance: 4:22 min/km

Rank in course/Total: 24 (of 135)

Rank in course/Men: 22 (of 85)

Best time in course: 34:06

Rank in category: 2(of 3)

Best time in the category: 42:01

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	20:57	5:06	2	0:25	20	4:22	4.10	20:57	5:06	2	0:25	54	
Lap 1	1.60	6:22	3:58	2	0:04	19	1:19	5.70	27:19	4:47	2	0:29	54	
Last lap Finish	4.30	16:15	3:46	2	1:04	32	3:48	10.00	43:34	4:21	2	1:33	22	9:28