



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Wagner, Henrik**

Club: Ilseburg

Number: 581

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M35

Total time: 43:36

Speed: 13.76 km/h

Running performance: 4:22 min/km

Rank in course/Total: 25 (of 135)

Rank in course/Men: 23 (of 85)

Best time in course: 34:06

Rank in category: 2(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	22:09	5:24	3	2:02	26	5:34	4.10	22:09	5:24	2	2:02	84	
Lap 1	1.60	6:33	4:05	3	0:21	23	1:30	5.70	28:42	5:02	2	2:23	84	
Last lap Finish	4.30	14:54	3:27	1	-	17	2:27	10.00	43:36	4:21	2	1:58	23	9:30