



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Seidel, Carsten

Club: Skiklub Oker

Number: 563

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M35

Total time: 43:56

Speed: 13.66 km/h

Running performance: 4:23 min/km

Rank in course/Total: 26 (of 135)

Rank in course/Men: 24 (of 85)

Best time in course: 34:06

Rank in category: 3(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Ilsestein	4.10	22:06	5:23	2	1:59	25	5:31	4.10	22:06	5:23	3	1:59	83	
Lap 1	1.60	6:25	4:00	2	0:13	20	1:22	5.70	28:31	5:00	3	2:12	83	
Last lap Finish	4.30	15:25	3:35	3	0:31	24	2:58	10.00	43:56	4:23	3	2:18	24	9:50