



40. Brockenlauf 2010

Ilsenburg / 04.09.2010

Detailed evaluation

Bittner, Johannes

Club: Brockenlaufv. 1927 Ilsenburg
Number: 513

Course: 10.00 km
Ilsesteinlauf

Category:
männliche Jugend A

Total time: 44:06

Speed: 13.61 km/h

Running performance: 4:25 min/km

Rank in course/Total: 27 (of 135)

Rank in course/Men: 25 (of 85)

Best time in course: 34:06

Rank in category: 8(of 11)

Best time in the category: 35:10

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	22:00	5:21	8	5:03	23	5:25	4.10	22:00	5:21	8	5:03	82	
Lap 1	1.60	6:35	4:06	7	1:10	24	1:32	5.70	28:35	5:00	8	6:13	82	
Last lap Finish	4.30	15:31	3:36	8	2:43	25	3:04	10.00	44:06	4:24	8	8:56	25	10:00