



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Görtz, Eike

Club: Team Harzcore

Number: 506

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M20

Total time: 44:42

Speed: 13.42 km/h

Running performance: 4:28 min/km

Rank in course/Total: 29 (of 135)

Rank in course/Men: 26 (of 85)

Best time in course: 34:06

Rank in category: 5(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	21:11	5:10	4	4:36	21	4:36	4.10	21:11	5:10	5	4:35	81	
Lap 1	1.60	7:57	4:58	10	2:54	56	2:54	5.70	29:08	5:06	5	7:29	81	
Last lap Finish	4.30	15:34	3:37	6	3:07	26	3:07	10.00	44:42	4:28	5	10:36	26	10:36