



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Rathke, Klaus

Club: Lebenshilfe Wernigerode

Number: 554

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M50

Total time: 45:06

Speed: 13.30 km/h

Running performance: 4:31 min/km

Rank in course/Total: 31 (of 135)

Rank in course/Men: 27 (of 85)

Best time in course: 34:06

Rank in category: 2(of 7)

Best time in the category: 40:53

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	22:12	5:24	2	2:19	27	5:37	4.10	22:12	5:24	2	2:19	80	
Lap 1	1.60	6:42	4:11	2	0:30	26	1:39	5.70	28:54	5:04	2	2:49	80	
Last lap Finish	4.30	16:12	3:46	3	1:24	31	3:45	10.00	45:06	4:30	2	4:13	27	11:00