



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Hanold, Udo

Club: SV Post Telekom

Number: 530

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M50

Total time: 45:42

Speed: 13.13 km/h

Running performance: 4:34 min/km

Rank in course/Total: 32 (of 135)

Rank in course/Men: 28 (of 85)

Best time in course: 34:06

Rank in category: 3(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	22:39	5:31	3	2:46	31	6:04	4.10	22:39	5:31	3	2:46	79		
Lap 1	1.60	7:06	4:26	3	0:54	30	2:03	5.70	29:45	5:13	3	3:40	79		
Last lap Finish	4.30	15:57	3:42	2	1:09	27	3:30	10.00	45:42	4:34	3	4:49	28	11:36	