



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Woitschik, Volker

Club: NSV Wernigerode

Number: 570

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M45

Total time: 45:47

Speed: 13.11 km/h

Running performance: 4:35 min/km

Rank in course/Total: 33 (of 135)

Rank in course/Men: 29 (of 85)

Best time in course: 34:06

Rank in category: 5(of 7)

Best time in the category: 37:27

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	22:31	5:29	5	4:06	29	5:56	4.10	22:31	5:29	5	3:43	78	
Lap 1	1.60	7:08	4:27	5	1:34	31	2:05	5.70	29:39	5:12	5	5:17	78	
Last lap Finish	4.30	16:08	3:45	5	3:03	29	3:41	10.00	45:47	4:34	5	8:20	29	11:41