



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Ebert, Andreas

Club: SC Ilseburg

Number: 597

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M20

Total time: 45:57

Speed: 13.06 km/h

Running performance: 4:36 min/km

Rank in course/Total: 34 (of 135)

Rank in course/Men: 30 (of 85)

Best time in course: 34:06

Rank in category: 6(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	23:00	5:36	6	6:25	32	6:25	4.10	23:00	5:36	6	6:24	73	
Lap 1	1.60	6:50	4:16	5	1:47	27	1:47	5.70	29:50	5:14	6	8:11	77	
Last lap Finish	4.30	16:07	3:44	7	3:40	28	3:40	10.00	45:57	4:35	6	11:51	30	11:51