



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Fricke, Klaus

Club: TSV Bredelem

Number: 521

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M60

Total time: 46:11

Speed: 12.99 km/h

Running performance: 4:37 min/km

Rank in course/Total: 35 (of 135)

Rank in course/Men: 31 (of 85)

Best time in course: 34:06

Rank in category: 1(of 4)

Best time in the category: 46:11

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	22:28	5:28	1	-	28	5:53	4.10	22:28	5:28	1	-	76	
Lap 1	1.60	7:16	4:32	2	0:05	36	2:13	5.70	29:44	5:12	1	-	76	
Last lap Finish	4.30	16:27	3:49	1	-	34	4:00	10.00	46:11	4:37	1	-	31	12:05