



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Ratschke, Rico

Club: SV Victoria

Number: 555

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M40

Total time: 46:13

Speed: 12.98 km/h

Running performance: 4:37 min/km

Rank in course/Total: 36 (of 135)

Rank in course/Men: 32 (of 85)

Best time in course: 34:06

Rank in category: 3(of 9)

Best time in the category: 37:58

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	23:03	5:37	3	3:46	34	6:28	4.10	23:03	5:37	3	3:46	64		
Lap 1	1.60	7:02	4:23	4	1:20	29	1:59	5.70	30:05	5:16	3	5:05	64		
Last lap Finish	4.30	16:08	3:45	3	3:10	29	3:41	10.00	46:13	4:37	3	8:15	32	12:07	