



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Göhler, René

Club: L.E. Süd

Number: 596

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M20

Total time: 46:14

Speed: 12.98 km/h

Running performance: 4:37 min/km

Rank in course/Total: 37 (of 135)

Rank in course/Men: 33 (of 85)

Best time in course: 34:06

Rank in category: 7(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Ilsestein	4.10	23:24	5:42	7	6:49	37	6:49	4.10	23:24	5:42	7	6:48	74	
Lap 1	1.60	7:27	4:39	6	2:24	39	2:24	5.70	30:51	5:24	7	9:12	74	
Last lap Finish	4.30	15:23	3:34	5	2:56	23	2:56	10.00	46:14	4:37	7	12:08	33	12:08