



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Peisler, Frank

Club: Salzwedel

Number: 551

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M35

Total time: 46:38

Speed: 12.87 km/h

Running performance: 4:40 min/km

Rank in course/Total: 38 (of 135)

Rank in course/Men: 34 (of 85)

Best time in course: 34:06

Rank in category: 4(of 7)

Best time in the category: 41:38

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	4	2:53	32	6:25	4.10	23:00	5:36	4	2:53	73	
Lap 1	1.60	7:08	4:27	4	0:56	31	2:05	5.70	30:08	5:17	4	3:49	73	
Last lap Finish	4.30	16:30	3:50	4	1:36	36	4:03	10.00	46:38	4:39	4	5:00	34	12:32