



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Lamm, Siegfried

Club: Harz-Gebirgslauf Wernigerode

Number: 543

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M55

Total time: 46:39

Speed: 12.86 km/h

Running performance: 4:40 min/km

Rank in course/Total: 39 (of 135)

Rank in course/Men: 35 (of 85)

Best time in course: 34:06

Rank in category: 2(of 8)

Best time in the category: 38:30

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	22:32	5:29	2	3:22	30	5:57	4.10	22:32	5:29	2	3:22	72	
Lap 1	1.60	7:40	4:47	4	1:57	48	2:37	5.70	30:12	5:17	2	5:19	72	
Last lap Finish	4.30	16:27	3:49	2	2:50	34	4:00	10.00	46:39	4:39	2	8:09	35	12:33