



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Zerbe, Friedmar

Club: LG Silbersee Leipzig

Number: 572

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M70

Total time: 47:41

Speed: 12.58 km/h

Running performance: 4:46 min/km

Rank in course/Total: 42 (of 135)

Rank in course/Men: 38 (of 85)

Best time in course: 34:06

Rank in category: 1(of 9)

Best time in the category: 47:41

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	23:32	5:44	1	-	39	6:57	4.10	23:32	5:44	1	-	69	
Lap 1	1.60	7:13	4:30	1	-	34	2:10	5.70	30:45	5:23	1	-	69	
Last lap Finish	4.30	16:56	3:56	1	-	41	4:29	10.00	47:41	4:46	1	-	38	13:35