



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Zerbe, Mario

Club: LG Silbersee Leipzig

Number: 573

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M40

Total time: 47:41

Speed: 12.58 km/h

Running performance: 4:46 min/km

Rank in course/Total: 43 (of 135)

Rank in course/Men: 39 (of 85)

Best time in course: 34:06

Rank in category: 4(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 | 23:31 | 5:44 | 4 | 4:14 | 38 | 6:56 | 4.10 | 23:31 | 5:44 | 4 | 4:14 | 68 | | |
| Lap 1 | 1.60 | 7:13 | 4:30 | 5 | 1:31 | 34 | 2:10 | 5.70 | 30:44 | 5:23 | 4 | 5:44 | 68 | | |
| Last lap Finish | 4.30 | 16:57 | 3:56 | 4 | 3:59 | 42 | 4:30 | 10.00 | 47:41 | 4:46 | 4 | 9:43 | 38 | 13:35 | |