



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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				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