



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Kämpfer, Marcel

Club: TuS Elbingerode

Number: 537

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M30

Total time: 48:00

Speed: 12.50 km/h

Running performance: 4:48 min/km

Rank in course/Total: 45 (of 135)

Rank in course/Men: 40 (of 85)

Best time in course: 34:06

Rank in category: 1(of 4)

Best time in the category: 48:00

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	23:42	5:46	1	-	42	7:07	4.10	23:42	5:46	1	-	67	
Lap 1	1.60	7:27	4:39	1	-	39	2:24	5.70	31:09	5:27	1	-	67	
Last lap Finish	4.30	16:51	3:55	1	-	40	4:24	10.00	48:00	4:47	1	-	40	13:54