



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Brehsan, Marcus

Club: Ilseburg

Number: 579

Course: 10.00 km

Ilsesteinlauf

Category:

männliche Jugend A

Total time: 48:14

Speed: 12.44 km/h

Running performance: 4:49 min/km

Rank in course/Total: 46 (of 135)

Rank in course/Men: 41 (of 85)

Best time in course: 34:06

Rank in category: 9(of 11)

Best time in the category: 35:10

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	23:39	5:46	9	6:42	40	7:04	4.10	23:39	5:46	9	6:42	66	
Lap 1	1.60	8:11	5:06	11	2:46	60	3:08	5.70	31:50	5:35	9	9:28	66	
Last lap Finish	4.30	16:24	3:48	9	3:36	33	3:57	10.00	48:14	4:49	9	13:04	41	14:08