



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Priemer, Michael**

Club: L.E. Süd

Number: 595

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M20

Total time: 49:03

Speed: 12.23 km/h

Running performance: 4:54 min/km

Rank in course/Total: 51 (of 135)

Rank in course/Men: 44 (of 85)

Best time in course: 34:06

Rank in category: 8(of 11)

Best time in the category: 34:06

### 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	24:29	5:58	9	7:54	46	7:54	4.10	24:29	5:58	8	7:53	21		
Lap 1	1.60	7:35	4:44	7	2:32	45	2:32	5.70	32:04	5:37	8	10:25	21		
Last lap Finish	4.30	16:59	3:56	8	4:32	43	4:32	10.00	49:03	4:54	8	14:57	44	14:57	