



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Krüger, Helmut**

Club: Medizin Quedlinburg

Number: 504

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M70

Total time: 49:37

Speed: 12.09 km/h

Running performance: 4:58 min/km

Rank in course/Total: 53 (of 135)

Rank in course/Men: 45 (of 85)

Best time in course: 34:06

Rank in category: 2(of 9)

Best time in the category: 47:41

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Ilsestein	4.10	24:34	5:59	2	1:02	47	7:59	4.10	24:34	5:59	2	1:02	20	
Lap 1	1.60	7:39	4:46	2	0:26	47	2:36	5.70	32:13	5:39	2	1:28	20	
Last lap Finish	4.30	17:24	4:02	2	0:28	48	4:57	10.00	49:37	4:57	2	1:56	45	15:31