



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Dettmer, Daniel

Club: Freistaat Hasserode

Number: 599

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M20

Total time: 49:38

Speed: 12.09 km/h

Running performance: 4:58 min/km

Rank in course/Total: 54 (of 135)

Rank in course/Men: 46 (of 85)

Best time in course: 34:06

Rank in category: 9(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	24:12	5:54	8	7:37	44	7:37	4.10	24:12	5:54	9	7:36	19	
Lap 1	1.60	7:49	4:53	9	2:46	52	2:46	5.70	32:01	5:37	9	10:22	19	
Last lap Finish	4.30	17:37	4:05	9	5:10	50	5:10	10.00	49:38	4:57	9	15:32	46	15:32