



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Sethmann, Michael**

Club: Denkte

Number: 564

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M55

Total time: 49:39

Speed: 12.08 km/h

Running performance: 4:58 min/km

Rank in course/Total: 55 (of 135)

Rank in course/Men: 47 (of 85)

Best time in course: 34:06

Rank in category: 3(of 8)

Best time in the category: 38:30

### 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	25:36	6:14	3	6:26	49	9:01	4.10	25:36	6:14	3	6:26	18		
Lap 1	1.60	7:24	4:37	2	1:41	37	2:21	5.70	33:00	5:47	3	8:07	18		
Last lap Finish	4.30	16:39	3:52	3	3:02	39	4:12	10.00	49:39	4:57	3	11:09	47	15:33	