



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Isensee, Achim

Club: LG Osterwiek

Number: 616

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M55

Total time: 49:42

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 56 (of 135)

Rank in course/Men: 48 (of 85)

Best time in course: 34:06

Rank in category: 4(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	fehlt!	-	-	-	-	-	4.10	-	-	-	-	-	-	-
Lap 1	1.60	fehlt!	-	-	-	-	-	5.70	-	-	-	-	-	-	-
Last lap Finish	4.30	49:42	11:33	8	36:05	85	37:15	10.00	49:42	4:58	4	11:12	48	15:36	