



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Lippmann, Stefan

Club: Wernigerode

Number: 588

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M40

Total time: 49:47

Speed: 12.05 km/h

Running performance: 4:59 min/km

Rank in course/Total: 57 (of 135)

Rank in course/Men: 49 (of 85)

Best time in course: 34:06

Rank in category: 6(of 9)

Best time in the category: 37:58

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	24:25	5:57	6	5:08	45	7:50	4.10	24:25	5:57	6	5:08	17	
Lap 1	1.60	7:44	4:49	8	2:02	51	2:41	5.70	32:09	5:38	6	7:09	17	
Last lap Finish	4.30	17:38	4:06	6	4:40	51	5:11	10.00	49:47	4:58	6	11:49	49	15:41