



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Schomburg, Karl-Heinz

Club: LT Urbockstübchen Einbeck

Number: 559

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M55

Total time: 50:36

Speed: 11.86 km/h

Running performance: 5:04 min/km

Rank in course/Total: 58 (of 135)

Rank in course/Men: 50 (of 85)

Best time in course: 34:06

Rank in category: 5(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	25:43	6:16	4	6:33	50	9:08	4.10	25:43	6:16	4	6:33	16		
Lap 1	1.60	7:32	4:42	3	1:49	43	2:29	5.70	33:15	5:50	4	8:22	16		
Last lap Finish	4.30	17:21	4:02	4	3:44	47	4:54	10.00	50:36	5:03	5	12:06	50	16:30	