



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Schreinert, Axel

Club: Werder

Number: 560

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M40

Total time: 51:13

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 59 (of 135)

Rank in course/Men: 51 (of 85)

Best time in course: 34:06

Rank in category: 7(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	25:14	6:09	7	5:57	48	8:39	4.10	25:14	6:09	7	5:57	15	
Lap 1	1.60	7:32	4:42	7	1:50	43	2:29	5.70	32:46	5:44	7	7:46	15	
Last lap Finish	4.30	18:27	4:17	7	5:29	59	6:00	10.00	51:13	5:07	7	13:15	51	17:07