



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Günther, Michael**

Club: Friends of Running

Number: 528

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M50

Total time: 51:48

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 62 (of 135)

Rank in course/Men: 53 (of 85)

Best time in course: 34:06

Rank in category: 5(of 7)

Best time in the category: 40:53

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Ilsestein	4.10	26:38	6:29	5	6:45	55	10:03	4.10	26:38	6:29	5	6:45	13	0:21
Lap 1	1.60	7:50	4:53	5	1:38	53	2:47	5.70	34:28	6:02	5	8:23	13	0:05
Last lap Finish	4.30	17:20	4:01	5	2:32	46	4:53	10.00	51:48	5:10	5	10:55	53	17:42