



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 |