



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Dr. Sauer, Gerd

Club: Lok Lukas

Number: 583

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M55

Total time: 52:13

Speed: 11.49 km/h

Running performance: 5:13 min/km

Rank in course/Total: 64 (of 135)

Rank in course/Men: 55 (of 85)

Best time in course: 34:06

Rank in category: 6(of 8)

Best time in the category: 38:30

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	26:25	6:26	5	7:15	52	9:50	4.10	26:25	6:26	5	7:15	11	0:08
Lap 1	1.60	8:00	5:00	5	2:17	58	2:57	5.70	34:25	6:02	5	9:32	11	0:02
Last lap Finish	4.30	17:48	4:08	5	4:11	52	5:21	10.00	52:13	5:13	6	13:43	55	18:07