



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 km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | Pos Men | Behind 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 |