



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Adolf, Danjel

Club: Blau-Weiss Hettstedt

Number: 590

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M20

Total time: 53:21

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 70 (of 135)

Rank in course/Men: 56 (of 85)

Best time in course: 34:06

Rank in category: 10(of 11)

Best time in the category: 34:06

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	27:46	6:46	11	11:11	63	11:11	4.10	27:46	6:46	10	11:10	10	1:29
Lap 1	1.60	7:37	4:45	8	2:34	46	2:34	5.70	35:23	6:12	10	13:44	10	1:00
Last lap Finish	4.30	17:58	4:10	10	5:31	55	5:31	10.00	53:21	5:20	10	19:15	56	19:15