



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Spittau, Björn

Club: TV Heitersheim

Number: 580

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M30

Total time: 53:26

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 71 (of 135)

Rank in course/Men: 57 (of 85)

Best time in course: 34:06

Rank in category: 2(of 4)

Best time in the category: 48:00

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	26:30	6:27	2	2:48	54	9:55	4.10	26:30	6:27	2	2:48	9	0:13
Lap 1	1.60	8:32	5:19	2	1:05	67	3:29	5.70	35:02	6:08	2	3:53	9	0:39
Last lap Finish	4.30	18:24	4:16	2	1:33	58	5:57	10.00	53:26	5:20	2	5:26	57	19:20