



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Ließmann, Gerald

Club: Ilseburg

Number: 545

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M50

Total time: 53:26

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 72 (of 135)

Rank in course/Men: 58 (of 85)

Best time in course: 34:06

Rank in category: 6(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	26:40	6:30	6	6:47	56	10:05	4.10	26:40	6:30	6	6:47	8	0:23
Lap 1	1.60	8:27	5:16	7	2:15	64	3:24	5.70	35:07	6:09	6	9:02	8	0:44
Last lap Finish	4.30	18:19	4:15	6	3:31	57	5:52	10.00	53:26	5:20	6	12:33	57	19:20