



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Hentsch, Axel**

Club: SV Hermsdorf

Number: 566

Course: 10.00 km

Ilsesteinlauf

Category:

männliche Schüler A

Total time: 53:29

Speed: 11.22 km/h

Running performance: 5:21 min/km

Rank in course/Total: 73 (of 135)

Rank in course/Men: 59 (of 85)

Best time in course: 34:06

Rank in category: 3(of 3)

Best time in the category: 42:01

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Ilsestein       | 4.10        | 27:18         | 6:39            | 3           | 6:46           | 61          | 10:43         | 4.10          | 27:18         | 6:39            | 3           | 6:46           | 7          | 1:01          |
| Lap 1           | 1.60        | 7:56          | 4:57            | 3           | 1:38           | 54          | 2:53          | 5.70          | 35:14         | 6:10            | 3           | 8:24           | 7          | 0:51          |
| Last lap Finish | 4.30        | 18:15         | 4:14            | 3           | 3:04           | 56          | 5:48          | 10.00         | 53:29         | 5:20            | 3           | 11:28          | 59         | 19:23         |