



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Schmuecker, Joachim

Club: Hsv MED Magdeburg

Number: 522

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M70

Total time: 53:32

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course/Total: 75 (of 135)

Rank in course/Men: 60 (of 85)

Best time in course: 34:06

Rank in category: 3(of 9)

Best time in the category: 47:41

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	27:55	6:48	3	4:23	65	11:20	4.10	27:55	6:48	3	4:23	6	1:38
Lap 1	1.60	7:42	4:48	3	0:29	49	2:39	5.70	35:37	6:14	3	4:52	6	1:14
Last lap Finish	4.30	17:55	4:10	3	0:59	54	5:28	10.00	53:32	5:21	3	5:51	60	19:26