



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 |