



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Holtkamp, Wolfgang

Club: Minden

Number: 535

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M50

Total time: 53:48

Speed: 11.15 km/h

Running performance: 5:23 min/km

Rank in course/Total: 76 (of 135)

Rank in course/Men: 61 (of 85)

Best time in course: 34:06

Rank in category: 7(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	26:41	6:30	7	6:48	57	10:06	4.10	26:41	6:30	7	6:48	5	0:24
Lap 1	1.60	7:59	4:59	6	1:47	57	2:56	5.70	34:40	6:04	7	8:35	5	0:17
Last lap Finish	4.30	19:08	4:26	7	4:20	62	6:41	10.00	53:48	5:22	7	12:55	61	19:42