



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Becker, Günter

Club: Drübeck

Number: 512

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M60

Total time: 55:02

Speed: 10.90 km/h

Running performance: 5:30 min/km

Rank in course/Total: 80 (of 135)

Rank in course/Men: 62 (of 85)

Best time in course: 34:06

Rank in category: 3(of 4)

Best time in the category: 46:11

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	27:14	6:38	3	4:46	60	10:39	4.10	27:14	6:38	3	4:46	4	0:57
Lap 1	1.60	7:56	4:57	3	0:45	54	2:53	5.70	35:10	6:10	3	5:26	4	0:47
Last lap Finish	4.30	19:52	4:37	4	3:25	65	7:25	10.00	55:02	5:30	3	8:51	62	20:56