



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Bollmann, Manfred

Club: Ilseburg

Number: 515

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M55

Total time: 55:59

Speed: 10.72 km/h

Running performance: 5:36 min/km

Rank in course/Total: 82 (of 135)

Rank in course/Men: 63 (of 85)

Best time in course: 34:06

Rank in category: 7(of 8)

Best time in the category: 38:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Ilsestein	4.10	27:43	6:45	6	8:33	62	11:08	4.10	27:43	6:45	6	8:33	3	1:26
Lap 1	1.60	8:24	5:15	7	2:41	63	3:21	5.70	36:07	6:20	6	11:14	3	1:44
Last lap Finish	4.30	19:52	4:37	7	6:15	65	7:25	10.00	55:59	5:35	7	17:29	63	21:53