



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Berndt, Dr. Markus**

Club: Sc Ilseburg

Number: 598

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M20

Total time: 56:05

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 83 (of 135)

Rank in course/Men: 64 (of 85)

Best time in course: 34:06

Rank in category: 11(of 11)

Best time in the category: 34:06

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Ilsestein	4.10	27:10	6:37	10	10:35	59	10:35	4.10	27:10	6:37	11	10:34	2	0:53
Lap 1	1.60	8:35	5:21	11	3:32	68	3:32	5.70	35:45	6:16	11	14:06	2	1:22
Last lap Finish	4.30	20:20	4:43	11	7:53	70	7:53	10.00	56:05	5:36	11	21:59	64	21:59