



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Friese, Jörg

Club: Volkslaufgem. 1991 Magdeburg

Number: 328

Enduro Long Men

Category:

Männer M45

Total time: 1:50:19

Speed: - km/h

Running performance: 4:05 min/km

Rank in course/Total: 7 (of 403)

Rank in course/Men: 7 (of 355)

Best time in course: 1:44:00

Rank in category: 1(of 92)

Best time in the category: 1:50:19

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 |
| Hermannsklippe | 9.00 | 42:06 | 4:40 | 1 | - | 10 | 2:58 | 9.00 | 42:06 | 4:40 | 82 | - | 7 | 2:58 |
| Brocken | 3.00 | 20:57 | 6:59 | 1 | - | 9 | 2:10 | 12.00 | 1:03:03 | 5:15 | 82 | - | 7 | 4:41 |
| Finish | 15.00 | 47:16 | 3:09 | 1 | - | 2 | 1:38 | - | 1:50:19 | - | 1 | - | 7 | 6:19 |