



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Friese, Jörg

Club: Volkslaufgem. 1991 Magdeburg

Number: 328

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 1:50:19

Speed: 14.68 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	27.00	1:50:19	4:05	1	-	7	6:19