



40. Brockenlauf 2010

Ilsenburg / 04.09.2010

Detailed evaluation

Lambeck, Steven

Club: Brockenlaufv. 1927 Ilsenburg

Number: 59

Course: 27.00 km

Brockenlauf

Category:

Männer M35

Total time: 1:57:55

Speed: 13.74 km/h

Running performance: 4:22 min/km

Rank in course/Total: 15 (of 403)

Rank in course/Men: 15 (of 355)

Best time in course: 1:44:00

Rank in category: 4(of 39)

Best time in the category: 1:46:59

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	43:48	4:51	4	3:43	16	4:40	9.00	43:48	4:51	24		13	4:40
Brocken	3.00	22:01	7:20	4	2:35	22	3:14	12.00	1:05:49	5:29	24		15	7:27
Finish	15.00	52:06	3:28	5	4:38	18	6:28	27.00	1:57:55	4:22	4	10:56	15	13:55