



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

### Bönig, Torsten

Club: Potsdamer Laufclub

Number: 261

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 1:58:01

Speed: 13.73 km/h

Running performance: 4:22 min/km

Rank in course/Total: 16 (of 403)

Rank in course/Men: 16 (of 355)

Best time in course: 1:44:00

Rank in category: 3(of 92)

Best time in the category: 1:50:19

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Hermannsklippe	9.00	45:06	5:00	5	3:00	22	5:58	9.00	45:06	5:00	68		16	5:58
Brocken	3.00	22:00	7:19	5	1:03	20	3:13	12.00	1:07:06	5:35	68		16	8:44
Finish	15.00	50:55	3:23	3	3:39	10	5:17	27.00	1:58:01	4:22	3	7:42	16	14:01