



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Gremmel, Hendrik

Club: Hannover 96

Number: 617

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:00:37

Speed: 13.43 km/h

Running performance: 4:28 min/km

Rank in course/Total: 22 (of 403)

Rank in course/Men: 22 (of 355)

Best time in course: 1:44:00

Rank in category: 5(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Hermannsklippe	9.00	44:44	4:58	3	2:38	19	5:36	9.00	44:44	4:58	66		22	5:36
Brocken	3.00	21:35	7:11	3	0:38	14	2:48	12.00	1:06:19	5:31	66		22	7:57
Finish	15.00	54:18	3:37	8	7:02	28	8:40	27.00	2:00:37	4:28	5	10:18	22	16:37