



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Westphal, Jochen

Club: LG Elmshorn

Number: 202

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:00:48

Speed: 13.41 km/h

Running performance: 4:28 min/km

Rank in course/Total: 23 (of 403)

Rank in course/Men: 23 (of 355)

Best time in course: 1:44:00

Rank in category: 4(of 61)

Best time in the category: 1:44:00

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	45:32	5:03	5	6:24	24	6:24	9.00	45:32	5:03	35		23	6:24
Brocken	3.00	22:49	7:36	5	3:35	27	4:02	12.00	1:08:21	5:41	35		23	9:59
Finish	15.00	52:27	3:29	4	6:49	19	6:49	27.00	2:00:48	4:28	4	16:48	23	16:48