



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Kaluza, Ralf

Club: Potsdamer Laufclub

Number: 262

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:03:09

Speed: 13.15 km/h

Running performance: 4:34 min/km

Rank in course/Total: 27 (of 403)

Rank in course/Men: 27 (of 355)

Best time in course: 1:44:00

Rank in category: 7(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	45:53	5:05	6	3:47	28	6:45	9.00	45:53	5:05	64		27	6:45
Brocken	3.00	24:07	8:02	10	3:10	45	5:20	12.00	1:10:00	5:49	64		27	11:38
Finish	15.00	53:09	3:32	6	5:53	22	7:31	27.00	2:03:09	4:33	7	12:50	27	19:09