



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Lenz, Rocco**

Club: LG Wassersuppe

Number: 209

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:05:07

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 31 (of 403)

Rank in course/Men: 31 (of 355)

Best time in course: 1:44:00

Rank in category: 8(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Hermannsklippe	9.00	46:31	5:10	7	4:25	31	7:23	9.00	46:31	5:10	63			31	7:23
Brocken	3.00	24:22	8:07	12	3:25	49	5:35	12.00	1:10:53	5:54	63			31	12:31
Finish	15.00	54:14	3:36	7	6:58	27	8:36	27.00	2:05:07	4:38	8	14:48		31	21:07