



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Kuhnke, Lothar

Club: TuSEM Essen

Number: 318

Course: 27.00 km

Brockenlauf

Category:

Männer M55

Total time: 2:05:33

Speed: 12.90 km/h

Running performance: 4:39 min/km

Rank in course/Total: 32 (of 403)

Rank in course/Men: 32 (of 355)

Best time in course: 1:44:00

Rank in category: 2(of 26)

Best time in the category: 2:04:40

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	44:46	4:58	1	-	20	5:38	9.00	44:46	4:58	25		32	5:38
Brocken	3.00	23:22	7:47	1	-	32	4:35	12.00	1:08:08	5:40	25		32	9:46
Finish	15.00	57:25	3:49	2	3:37	57	11:47	27.00	2:05:33	4:38	2	0:53	32	21:33