



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Heermann, Hans-Joachim**

Club: SC Lüchow

Number: 279

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:06:00

Speed: 12.86 km/h

Running performance: 4:40 min/km

Rank in course/Total: 33 (of 403)

Rank in course/Men: 33 (of 355)

Best time in course: 1:44:00

Rank in category: 9(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	47:07	5:14	9	5:01	33	7:59	9.00	47:07	5:14	62		33	7:59
Brocken	3.00	23:58	7:59	8	3:01	41	5:11	12.00	1:11:05	5:55	62		33	12:43
Finish	15.00	54:55	3:39	9	7:39	32	9:17	27.00	2:06:00	4:40	9	15:41	33	22:00