



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Kühnel, Ronald**

Club: TSV Einheit

Number: 307

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:08:40

Speed: 12.59 km/h

Running performance: 4:46 min/km

Rank in course/Total: 39 (of 403)

Rank in course/Men: 39 (of 355)

Best time in course: 1:44:00

Rank in category: 11(of 92)

Best time in the category: 1:50:19

### Intermediate times

### Stage score

### Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |       |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |       |
| Hermannsklippe | 9.00        | 48:14         | 5:21            | 10          | 6:08           | 40          | 9:06          | 9.00          | 48:14         | 5:21            | 60          |                |            | 39            | 9:06  |
| Brocken        | 3.00        | 24:37         | 8:12            | 14          | 3:40           | 55          | 5:50          | 12.00         | 1:12:51       | 6:04            | 60          |                |            | 39            | 14:29 |
| Finish         | 15.00       | 55:49         | 3:43            | 12          | 8:33           | 38          | 10:11         | 27.00         | 2:08:40       | 4:45            | 11          | 18:21          |            | 39            | 24:40 |