



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Heinrich, Uwe

Club: BSG Mecklenburg. Versicherung
Number: 80

Course: 27.00 km
Brockenlauf

Category:
Männer M50

Total time: 2:08:57

Speed: 12.56 km/h
Running performance: 4:47 min/km

Rank in course/Total: 42 (of 403)

Rank in course/Men: 42 (of 355)

Best time in course: 1:44:00

Rank in category: 2(of 54)

Best time in the category: 2:08:27

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 | 48:29 | 5:23 | 3 | 0:48 | 45 | 9:21 | 9.00 | 48:29 | 5:23 | 29 | | 42 | 9:21 |
| Brocken | 3.00 | 24:01 | 8:00 | 5 | 1:28 | 43 | 5:14 | 12.00 | 1:12:30 | 6:02 | 29 | | 42 | 14:08 |
| Finish | 15.00 | 56:27 | 3:45 | 2 | 0:18 | 45 | 10:49 | 27.00 | 2:08:57 | 4:46 | 2 | 0:30 | 42 | 24:57 |