



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Graupe, Manfred

Club: LAV Alfeld

Number: 629

Course: 27.00 km

Brockenlauf

Category:

Männer M50

Total time: 2:10:24

Speed: 12.42 km/h

Running performance: 4:50 min/km

Rank in course/Total: 48 (of 403)

Rank in course/Men: 48 (of 355)

Best time in course: 1:44:00

Rank in category: 4(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 | 49:14 | 5:28 | 4 | 1:33 | 51 | 10:06 | 9.00 | 49:14 | 5:28 | 31 | | | 48 | 10:06 |
| Brocken | 3.00 | 23:58 | 7:59 | 4 | 1:25 | 41 | 5:11 | 12.00 | 1:13:12 | 6:06 | 31 | | | 48 | 14:50 |
| Finish | 15.00 | 57:12 | 3:48 | 3 | 1:03 | 52 | 11:34 | 27.00 | 2:10:24 | 4:49 | 4 | 1:57 | | 48 | 26:24 |