



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