



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Stenzel, Dierk**

Club: 1. Berglaufgruppe Schöneberg

Number: 161

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:10:34

Speed: 12.41 km/h

Running performance: 4:50 min/km

Rank in course/Total: 49 (of 403)

Rank in course/Men: 49 (of 355)

Best time in course: 1:44:00

Rank in category: 13(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	49:22	5:29	15	7:16	54	10:14	9.00	49:22	5:29	58			49	10:14
Brocken	3.00	24:07	8:02	10	3:10	45	5:20	12.00	1:13:29	6:07	58			49	15:07
Finish	15.00	57:05	3:48	16	9:49	49	11:27	27.00	2:10:34	4:50	13	20:15		49	26:34