



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Zick, Torsten

Club: LG Wassersuppe

Number: 222

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:10:58

Speed: 12.37 km/h

Running performance: 4:51 min/km

Rank in course/Total: 50 (of 403)

Rank in course/Men: 50 (of 355)

Best time in course: 1:44:00

Rank in category: 14(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Hermannsklippe	9.00	48:59	5:26	13	6:53	49	9:51	9.00	48:59	5:26	57		50	9:51
Brocken	3.00	24:50	8:16	15	3:53	59	6:03	12.00	1:13:49	6:09	57		50	15:27
Finish	15.00	57:09	3:48	17	9:53	50	11:31	27.00	2:10:58	4:51	14	20:39	50	26:58