



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Wernecke, Frank**

Club: Magdeburg

Number: 229

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:12:11

Speed: 12.26 km/h

Running performance: 4:54 min/km

Rank in course/Total: 55 (of 403)

Rank in course/Men: 55 (of 355)

Best time in course: 1:44:00

Rank in category: 15(of 92)

Best time in the category: 1:50:19

### Intermediate times

### Stage score

### Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Hermannsklippe | 9.00        | 50:48         | 5:38            | 20          | 8:42           | 68          | 11:40         | 9.00          | 50:48         | 5:38            | 56          |                | 55         | 11:40         |
| Brocken        | 3.00        | 26:16         | 8:45            | 33          | 5:19           | 104         | 7:29          | 12.00         | 1:17:04       | 6:25            | 56          |                | 55         | 18:42         |
| Finish         | 15.00       | 55:07         | 3:40            | 10          | 7:51           | 35          | 9:29          | 27.00         | 2:12:11       | 4:53            | 15          | 21:52          | 55         | 28:11         |