



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 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	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