



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Aust, Frank**

Club: Die Otternasen

Number: 94

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:12:51

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 58 (of 403)

Rank in course/Men: 58 (of 355)

Best time in course: 1:44:00

Rank in category: 11(of 61)

Best time in the category: 1:44:00

### 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        | 48:23         | 5:22            | 8           | 9:15           | 42          | 9:15          | 9.00          | 48:23         | 5:22            | 42          |                |            | 58            | 9:15  |
| Brocken        | 3.00        | 23:37         | 7:52            | 9           | 4:23           | 38          | 4:50          | 12.00         | 1:12:00       | 6:00            | 42          |                |            | 58            | 13:38 |
| Finish         | 15.00       | 1:00:51       | 4:03            | 21          | 15:13          | 94          | 15:13         | 27.00         | 2:12:51       | 4:55            | 11          | 28:51          |            | 58            | 28:51 |