



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Witke, Steffen

Club: Diekholzen

Number: 96

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:12:57

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 59 (of 403)

Rank in course/Men: 59 (of 355)

Best time in course: 1:44:00

Rank in category: 16(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	49:41	5:31	16	7:35	56	10:33	9.00	49:41	5:31	55		59	10:33
Brocken	3.00	25:01	8:20	17	4:04	62	6:14	12.00	1:14:42	6:13	55		59	16:20
Finish	15.00	58:15	3:53	21	10:59	69	12:37	27.00	2:12:57	4:55	16	22:38	59	28:57