



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Von Straten, H.-Wolfgang

Club: Potsdamer Laufclub

Number: 611

Course: 27.00 km

Brockenlauf

Category:

Männer M55

Total time: 2:13:44

Speed: 12.11 km/h

Running performance: 4:57 min/km

Rank in course/Total: 66 (of 403)

Rank in course/Men: 65 (of 355)

Best time in course: 1:44:00

Rank in category: 3(of 26)

Best time in the category: 2:04:40

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	49:41	5:31	3	4:55	56	10:33	9.00	49:41	5:31	24		59	10:33
Brocken	3.00	25:43	8:34	3	2:21	82	6:56	12.00	1:15:24	6:17	24		65	17:02
Finish	15.00	58:20	3:53	3	4:32	71	12:42	27.00	2:13:44	4:57	3	9:04	65	29:44