



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Reuß, Steffen

Club: Ballenstedt

Number: 172

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:13:53

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 67 (of 403)

Rank in course/Men: 66 (of 355)

Best time in course: 1:44:00

Rank in category: 18(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	51:01	5:40	22	8:55	71	11:53	9.00	51:01	5:40	53		66	11:53
Brocken	3.00	26:29	8:49	36	5:32	110	7:42	12.00	1:17:30	6:27	53		66	19:08
Finish	15.00	56:23	3:45	14	9:07	44	10:45	27.00	2:13:53	4:57	18	23:34	66	29:53