



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Hertel, Frank-Michael

Club: VS Eisenhüttenstadt

Number: 330

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:14:11

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 68 (of 403)

Rank in course/Men: 67 (of 355)

Best time in course: 1:44:00

Rank in category: 19(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	50:25	5:36	17	8:19	62	11:17	9.00	50:25	5:36	52			67	11:17
Brocken	3.00	26:00	8:39	31	5:03	96	7:13	12.00	1:16:25	6:22	52			67	18:03
Finish	15.00	57:46	3:51	20	10:30	63	12:08	27.00	2:14:11	4:58	19	23:52		67	30:11