



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Niestroj, AndrÚ J.

Club: Die Otternasen

Number: 95

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:16:26

Speed: 11.87 km/h

Running performance: 5:03 min/km

Rank in course/Total: 75 (of 403)

Rank in course/Men: 73 (of 355)

Best time in course: 1:44:00

Rank in category: 17(of 61)

Best time in the category: 1:44:00

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	51:19	5:42	17	12:11	76	12:11	9.00	51:19	5:42	48			73	12:11
Brocken	3.00	27:22	9:07	31	8:08	139	8:35	12.00	1:18:41	6:33	48			73	20:19
Finish	15.00	57:45	3:51	11	12:07	61	12:07	27.00	2:16:26	5:03	17	32:26		73	32:26