



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Borchert, Fred

Club: SV Langenstein

Number: 295

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:17:16

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 77 (of 403)

Rank in course/Men: 75 (of 355)

Best time in course: 1:44:00

Rank in category: 18(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Hermannsklippe	9.00	51:06	5:40	15	11:58	72	11:58	9.00	51:06	5:40	49		68	11:58
Brocken	3.00	25:12	8:24	15	5:58	67	6:25	12.00	1:16:18	6:21	49		75	17:56
Finish	15.00	1:00:58	4:03	22	15:20	97	15:20	27.00	2:17:16	5:05	18	33:16	75	33:16