



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Gunia, Torsten

Club: SV Post Telekom Schwerin

Number: 379

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:18:12

Speed: 11.72 km/h

Running performance: 5:07 min/km

Rank in course/Total: 80 (of 403)

Rank in course/Men: 78 (of 355)

Best time in course: 1:44:00

Rank in category: 23(of 92)

Best time in the category: 1:50:19

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Hermannsklippe	9.00	49:19	5:28	14	7:13	52	10:11	9.00	49:19	5:28	48		78	10:11
Brocken	3.00	27:19	9:06	44	6:22	136	8:32	12.00	1:16:38	6:23	48		78	18:16
Finish	15.00	1:01:34	4:06	34	14:18	113	15:56	27.00	2:18:12	5:07	23	27:53	78	34:12