



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Schapeiz, Frank

Club: Langeln

Number: 362

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:18:20

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 81 (of 403)

Rank in course/Men: 79 (of 355)

Best time in course: 1:44:00

Rank in category: 24(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	52:57	5:53	36	10:51	109	13:49	9.00	52:57	5:53	59			79	13:49
Brocken	3.00	28:01	9:20	50	7:04	156	9:14	12.00	1:20:58	6:44	59			79	22:36
Finish	15.00	57:22	3:49	19	10:06	55	11:44	27.00	2:18:20	5:07	24	28:01		79	34:20