



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Krawitz, Bernd**

Club: MTV 48 Hildesheim

Number: 402

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:18:39

Speed: 11.68 km/h

Running performance: 5:08 min/km

Rank in course/Total: 86 (of 403)

Rank in course/Men: 84 (of 355)

Best time in course: 1:44:00

Rank in category: 26(of 92)

Best time in the category: 1:50:19

### Intermediate times

### Stage score

### Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |         | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time    |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Hermannsklippe | 9.00        | 51:39         | 5:44            | 26          | 9:33           | 82          | 12:31         | 9.00  | 51:39   | 5:44            | 91          |                | 84            | 12:31         |
| Brocken        | 3.00        | 25:25         | 8:28            | 20          | 4:28           | 73          | 6:38          | 12.00 | 1:17:04 | 6:25            | 56          |                | 55            | 18:42         |
| Finish         | 15.00       | 1:01:35       | 4:06            | 35          | 14:19          | 114         | 15:57         | 27.00 | 2:18:39 | 5:08            | 26          | 28:20          | 84            | 34:39         |