



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Abe, Steffen

Club: Aachen

Number: 162

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:18:42

Speed: 11.68 km/h

Running performance: 5:08 min/km

Rank in course/Total: 88 (of 403)

Rank in course/Men: 86 (of 355)

Best time in course: 1:44:00

Rank in category: 19(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	52:48	5:51	20	13:40	105	13:40	9.00	52:48	5:51	50			86	13:40
Brocken	3.00	27:21	9:07	29	8:07	137	8:34	12.00	1:20:09	6:40	50			86	21:47
Finish	15.00	58:33	3:54	14	12:55	73	12:55	27.00	2:18:42	5:08	19	34:42		86	34:42