



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Bock, Karsten

Club: MTV Freiheit

Number: 235

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:19:09

Speed: 11.64 km/h

Running performance: 5:09 min/km

Rank in course/Total: 94 (of 403)

Rank in course/Men: 92 (of 355)

Best time in course: 1:44:00

Rank in category: 28(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	52:07	5:47	30	10:01	88	12:59	9.00	52:07	5:47	89		92	12:59
Brocken	3.00	23:57	7:59	7	3:00	40	5:10	12.00	1:16:04	6:20	89		92	17:42
Finish	15.00	1:03:05	4:12	41	15:49	135	17:27	27.00	2:19:09	5:09	28	28:50	92	35:09