



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Steffen, Rüdiger

Club: Blankenburg

Number: 182

Course: 27.00 km

Brockenlauf

Category:

Männer M50

Total time: 2:19:16

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 95 (of 403)

Rank in course/Men: 93 (of 355)

Best time in course: 1:44:00

Rank in category: 11(of 54)

Best time in the category: 2:08:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hermannsklippe	9.00	52:46	5:51	13	5:05	101	13:38	9.00	52:46	5:51	38		93	13:38
Brocken	3.00	25:04	8:21	8	2:31	64	6:17	12.00	1:17:50	6:29	38		93	19:28
Finish	15.00	1:01:26	4:05	16	5:17	108	15:48	27.00	2:19:16	5:09	11	10:49	93	35:16