



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Löhne, Ingolf

Club: TSV Geräteturnen

Number: 308

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:19:30

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 99 (of 403)

Rank in course/Men: 97 (of 355)

Best time in course: 1:44:00

Rank in category: 31(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	52:03	5:46	29	9:57	86	12:55	9.00	52:03	5:46	86		97	12:55
Brocken	3.00	25:56	8:38	29	4:59	92	7:09	12.00	1:17:59	6:29	86		97	19:37
Finish	15.00	1:01:31	4:06	33	14:15	111	15:53	27.00	2:19:30	5:10	31	29:11	97	35:30