



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Grams, Jürgen

Club: TSV Bisperode

Number: 620

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:19:55

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 102 (of 403)

Rank in course/Men: 100 (of 355)

Best time in course: 1:44:00

Rank in category: 32(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hermannsklippe	9.00	51:22	5:42	25	9:16	79	12:14	9.00	51:22	5:42	85		54	12:14
Brocken	3.00	25:49	8:36	27	4:52	86	7:02	12.00	1:17:11	6:25	85		100	18:49
Finish	15.00	1:02:44	4:10	40	15:28	132	17:06	27.00	2:19:55	5:10	32	29:36	100	35:55