



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Albrecht, Pawel**

Club: LG Wassersuppe

Number: 208

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:20:52

Speed: 11.50 km/h

Running performance: 5:13 min/km

Rank in course/Total: 107 (of 403)

Rank in course/Men: 104 (of 355)

Best time in course: 1:44:00

Rank in category: 33(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	54:29	6:03	47	12:23	140	15:21	9.00	54:29	6:03	84			104	15:21
Brocken	3.00	25:48	8:35	26	4:51	85	7:01	12.00	1:20:17	6:41	84			104	21:55
Finish	15.00	1:00:35	4:02	28	13:19	89	14:57	27.00	2:20:52	5:13	33	30:33		104	36:52