



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Krone, Jens**

Club: Bad Essen

Number: 168

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:20:56

Speed: 11.49 km/h

Running performance: 5:13 min/km

Rank in course/Total: 108 (of 403)

Rank in course/Men: 105 (of 355)

Best time in course: 1:44:00

Rank in category: 24(of 61)

Best time in the category: 1:44:00

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hermannsklippe	9.00	55:14	6:08	31	16:06	161	16:06	9.00	55:14	6:08	55		105	16:06
Brocken	3.00	25:19	8:26	16	6:05	70	6:32	12.00	1:20:33	6:42	55		105	22:11
Finish	15.00	1:00:23	4:01	19	14:45	84	14:45	27.00	2:20:56	5:13	24	36:56	105	36:56