



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Mamecke, Maik

Club: Rennsteiglaufverein

Number: 166

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:21:37

Speed: 11.44 km/h

Running performance: 5:15 min/km

Rank in course/Total: 113 (of 403)

Rank in course/Men: 109 (of 355)

Best time in course: 1:44:00

Rank in category: 36(of 92)

Best time in the category: 1:50:19

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Hermannsklippe	9.00	53:32	5:56	40	11:26	122	14:24	9.00	53:32	5:56	81		96	14:24
Brocken	3.00	26:46	8:55	41	5:49	118	7:59	12.00	1:20:18	6:41	81		109	21:56
Finish	15.00	1:01:19	4:05	31	14:03	105	15:41	27.00	2:21:37	5:14	36	31:18	109	37:37