



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Tews, Karl Heinz**

Club: LLG St.Augustin

Number: 216

Course: 27.00 km

Brockenlauf

Category:

Männer M60

Total time: 2:21:45

Speed: 11.43 km/h

Running performance: 5:15 min/km

Rank in course/Total: 115 (of 403)

Rank in course/Men: 111 (of 355)

Best time in course: 1:44:00

Rank in category: 3(of 17)

Best time in the category: 2:13:16

### 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	52:47	5:51	3	2:54	104	13:39	9.00	52:47	5:51	16		111	13:39
Brocken	3.00	29:23	9:47	5	4:09	207	10:36	12.00	1:22:10	6:50	16		111	23:48
Finish	15.00	59:35	3:58	2	2:05	79	13:57	27.00	2:21:45	5:15	3	8:29	111	37:45