



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Zeptner, Jürgen

Club: LAV Alfeld

Number: 192

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:21:54

Speed: 11.42 km/h

Running performance: 5:16 min/km

Rank in course/Total: 116 (of 403)

Rank in course/Men: 112 (of 355)

Best time in course: 1:44:00

Rank in category: 38(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			Total ranking				
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Hermannsklippe	9.00	51:40	5:44	27	9:34	83	12:32	9.00	51:40	5:44	79			112	12:32
Brocken	3.00	25:37	8:32	22	4:40	78	6:50	12.00	1:17:17	6:26	79			112	18:55
Finish	15.00	1:04:37	4:18	46	17:21	159	18:59	27.00	2:21:54	5:15	38	31:35		112	37:54