



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Vinzelberg, Friedhelm

Club: Denkte

Number: 90

Course: 27.00 km

Brockenlauf

Category:

Männer M50

Total time: 2:22:48

Speed: 11.34 km/h

Running performance: 5:17 min/km

Rank in course/Total: 120 (of 403)

Rank in course/Men: 115 (of 355)

Best time in course: 1:44:00

Rank in category: 15(of 54)

Best time in the category: 2:08:27

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	53:07	5:54	14	5:26	113	13:59	9.00	53:07	5:54	28		115	13:59
Brocken	3.00	26:59	8:59	15	4:26	124	8:12	12.00	1:20:06	6:40	28		115	21:44
Finish	15.00	1:02:42	4:10	19	6:33	131	17:04	27.00	2:22:48	5:17	15	14:21	115	38:48