



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Teinert, Michael**

Club: Lauf-Line Team Göttingen

Number: 187

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:22:57

Speed: 11.33 km/h

Running performance: 5:17 min/km

Rank in course/Total: 121 (of 403)

Rank in course/Men: 116 (of 355)

Best time in course: 1:44:00

Rank in category: 39(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Hermannsklippe	9.00	53:33	5:56	42	11:27	124	14:25	9.00	53:33	5:56	78			116	14:25
Brocken	3.00	27:54	9:17	47	6:57	151	9:07	12.00	1:21:27	6:47	78			116	23:05
Finish	15.00	1:01:30	4:05	32	14:14	110	15:52	27.00	2:22:57	5:17	39	32:38		116	38:57