



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Jürgens, Mirko

Club: MTV Osterode

Number: 622

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:23:05

Speed: 11.32 km/h

Running performance: 5:18 min/km

Rank in course/Total: 124 (of 403)

Rank in course/Men: 118 (of 355)

Best time in course: 1:44:00

Rank in category: 40(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	52:19	5:48	32	10:13	95	13:11	9.00	52:19	5:48	77		76	13:11
Brocken	3.00	28:11	9:23	54	7:14	164	9:24	12.00	1:20:30	6:42	77		118	22:08
Finish	15.00	1:02:35	4:10	38	15:19	128	16:57	27.00	2:23:05	5:17	40	32:46	118	39:05