



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Albrecht, Jörg

Club: TSG Calbe

Number: 305

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:23:32

Speed: 11.29 km/h

Running performance: 5:19 min/km

Rank in course/Total: 128 (of 403)

Rank in course/Men: 122 (of 355)

Best time in course: 1:44:00

Rank in category: 43(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	51:21	5:42	24	9:15	78	12:13	9.00	51:21	5:42	74			122	12:13
Brocken	3.00	26:28	8:49	35	5:31	109	7:41	12.00	1:17:49	6:29	74			85	19:27
Finish	15.00	1:05:43	4:22	56	18:27	179	20:05	27.00	2:23:32	5:18	43	33:13		122	39:32