



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Jensen, ib

Club: Kolding Motion

Number: 154

Course: 27.00 km

Brockenlauf

Category:

Männer M50

Total time: 2:23:37

Speed: 11.28 km/h

Running performance: 5:19 min/km

Rank in course/Total: 131 (of 403)

Rank in course/Men: 125 (of 355)

Best time in course: 1:44:00

Rank in category: 18(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 km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hermannsklippe	9.00	57:01	6:20	30	9:20	203	17:53	9.00	57:01	6:20	45		125	17:53
Brocken	3.00	28:14	9:24	22	5:41	167	9:27	12.00	1:25:15	7:06	45		125	26:53
Finish	15.00	58:22	3:53	8	2:13	72	12:44	27.00	2:23:37	5:19	18	15:10	125	39:37