



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Böcker, Karl-Heinz

Club: Hardeggen

Number: 130

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:24:29

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course/Total: 139 (of 403)

Rank in course/Men: 133 (of 355)

Best time in course: 1:44:00

Rank in category: 45(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	53:45	5:58	43	11:39	127	14:37	9.00	53:45	5:58	72			133	14:37
Brocken	3.00	26:40	8:53	39	5:43	114	7:53	12.00	1:20:25	6:42	72			133	22:03
Finish	15.00	1:04:04	4:16	44	16:48	153	18:26	27.00	2:24:29	5:21	45	34:10		133	40:29