



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Hecht, Stephen

Club: LG Gross Flottbek

Number: 203

Course: 27.00 km

Brockenlauf

Category:

Männer M35

Total time: 2:24:50

Speed: 11.19 km/h

Running performance: 5:22 min/km

Rank in course/Total: 140 (of 403)

Rank in course/Men: 134 (of 355)

Best time in course: 1:44:00

Rank in category: 13(of 39)

Best time in the category: 1:46:59

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 | 56:15 | 6:15 | 20 | 16:10 | 183 | 17:07 | 9.00 | 56:15 | 6:15 | 33 | | | 134 | 17:07 |
| Brocken | 3.00 | 26:27 | 8:48 | 11 | 7:01 | 108 | 7:40 | 12.00 | 1:22:42 | 6:53 | 33 | | | 134 | 24:20 |
| Finish | 15.00 | 1:02:08 | 4:08 | 15 | 14:40 | 124 | 16:30 | 27.00 | 2:24:50 | 5:21 | 13 | 37:51 | | 134 | 40:50 |