



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Ebel, Steffen

Club: Hardegsen

Number: 131

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:25:10

Speed: 11.16 km/h

Running performance: 5:23 min/km

Rank in course/Total: 142 (of 403)

Rank in course/Men: 135 (of 355)

Best time in course: 1:44:00

Rank in category: 28(of 61)

Best time in the category: 1:44:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Hermannsklippe	9.00	53:45	5:58	28	14:37	127	14:37	9.00	53:45	5:58	59		133	14:37
Brocken	3.00	26:40	8:53	24	7:26	114	7:53	12.00	1:20:25	6:42	59		133	22:03
Finish	15.00	1:04:45	4:18	35	19:07	165	19:07	27.00	2:25:10	5:22	28	41:10	135	41:10