



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Bach, Christoph**

Club: pingpank.de

Number: 254

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:25:24

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 145 (of 403)

Rank in course/Men: 138 (of 355)

Best time in course: 1:44:00

Rank in category: 46(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	55:24	6:09	57	13:18	167	16:16	9.00	55:24	6:09	71	0:38	137	16:16
Brocken	3.00	26:26	8:48	34	5:29	107	7:39	12.00	1:21:50	6:49	71		138	23:28
Finish	15.00	1:03:34	4:14	43	16:18	146	17:56	27.00	2:25:24	5:23	46	35:05	138	41:24