



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Riemenschneider, Lars

Club: Darlingerode

Number: 87

Course: 27.00 km

Brockenlauf

Category:

Männer M20

Total time: 2:26:00

Speed: 11.10 km/h

Running performance: 5:25 min/km

Rank in course/Total: 152 (of 403)

Rank in course/Men: 145 (of 355)

Best time in course: 1:44:00

Rank in category: 11(of 23)

Best time in the category: 1:47:53

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	55:06	6:07	15	15:57	159	15:58	9.00	55:06	6:07	14	0:52	145	15:58
Brocken	3.00	27:09	9:02	11	8:22	129	8:22	12.00	1:22:15	6:51	14		145	23:53
Finish	15.00	1:03:45	4:15	11	13:48	149	18:07	27.00	2:26:00	5:24	11	38:07	145	42:00