



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Hettwer, Lars**

Club: Ginsheim

Number: 117

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:26:07

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 153 (of 403)

Rank in course/Men: 146 (of 355)

Best time in course: 1:44:00

Rank in category: 30(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 ranking				
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Hermannsklippe	9.00	57:29	6:23	39	18:21	208	18:21	9.00	57:29	6:23	61			146	18:21
Brocken	3.00	27:09	9:02	27	7:55	129	8:22	12.00	1:24:38	7:03	61			146	26:16
Finish	15.00	1:01:29	4:05	25	15:51	109	15:51	27.00	2:26:07	5:24	30	42:07		146	42:07