



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Velders, Koert

Club: AV Gouda Cholland

Number: 377

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:26:25

Speed: 11.06 km/h

Running performance: 5:25 min/km

Rank in course/Total: 156 (of 403)

Rank in course/Men: 149 (of 355)

Best time in course: 1:44:00

Rank in category: 48(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	53:58	5:59	44	11:52	130	14:50	9.00	53:58	5:59	20			91	14:50
Brocken	3.00	26:33	8:50	37	5:36	111	7:46	12.00	1:20:31	6:42	23			149	22:09
Finish	15.00	1:05:54	4:23	59	18:38	185	20:16	27.00	2:26:25	5:25	48	36:06		149	42:25