



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Gnoyke, Björn**

Club: Jogmap S.-H.

Number: 368

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:26:31

Speed: 11.06 km/h

Running performance: 5:26 min/km

Rank in course/Total: 158 (of 403)

Rank in course/Men: 151 (of 355)

Best time in course: 1:44:00

Rank in category: 31(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	55:23	6:09	33	16:15	166	16:15	9.00	55:23	6:09	17		151	16:15
Brocken	3.00	29:35	9:51	40	10:21	213	10:48	12.00	1:24:58	7:04	17		151	26:36
Finish	15.00	1:01:33	4:06	26	15:55	112	15:55	27.00	2:26:31	5:25	31	42:31	151	42:31