



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Mock, Ralf

Club: TuS Hasede

Number: 317

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:26:36

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 160 (of 403)

Rank in course/Men: 153 (of 355)

Best time in course: 1:44:00

Rank in category: 50(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	54:56	6:06	54	12:50	155	15:48	9.00	54:56	6:06	21	0:10	117	15:48
Brocken	3.00	25:56	8:38	29	4:59	92	7:09	12.00	1:20:52	6:44	21		153	22:30
Finish	15.00	1:05:44	4:22	57	18:28	180	20:06	27.00	2:26:36	5:25	50	36:17	153	42:36