



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Albrecht, Lars

Club: Wernigerode

Number: 355

Course: 27.00 km

Brockenlauf

Category:

Männer M20

Total time: 2:27:00

Speed: 11.02 km/h

Running performance: 5:26 min/km

Rank in course/Total: 164 (of 403)

Rank in course/Men: 156 (of 355)

Best time in course: 1:44:00

Rank in category: 12(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	54:14	6:01	13	15:05	137	15:06	9.00	54:14	6:01	1	-	156	15:06
Brocken	3.00	28:41	9:33	13	9:54	185	9:54	12.00	1:22:55	6:54	1	-	156	24:33
Finish	15.00	1:04:05	4:16	14	14:08	154	18:27	27.00	2:27:00	5:26	12	39:07	156	43:00