



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Knabe, Jens**

Club: Team Luftwaffe Köln

Number: 300

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:27:32

Speed: 10.98 km/h

Running performance: 5:28 min/km

Rank in course/Total: 169 (of 403)

Rank in course/Men: 161 (of 355)

Best time in course: 1:44:00

Rank in category: 34(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Hermannsklippe	9.00	54:48	6:05	30	15:40	153	15:40	9.00	54:48	6:05	4			161	15:40
Brocken	3.00	28:28	9:29	34	9:14	180	9:41	12.00	1:23:16	6:56	4			161	24:54
Finish	15.00	1:04:16	4:17	33	18:38	156	18:38	27.00	2:27:32	5:27	34	43:32		161	43:32