



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Zipper, Wolfgang

Club: Langenhagen

Number: 160

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:27:57

Speed: 10.95 km/h

Running performance: 5:29 min/km

Rank in course/Total: 173 (of 403)

Rank in course/Men: 163 (of 355)

Best time in course: 1:44:00

Rank in category: 52(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	55:04	6:07	55	12:58	157	15:56	9.00	55:04	6:07	18	0:18	163	15:56
Brocken	3.00	28:14	9:24	56	7:17	167	9:27	12.00	1:23:18	6:56	19	0:54	163	24:56
Finish	15.00	1:04:39	4:18	47	17:23	161	19:01	27.00	2:27:57	5:28	52	37:38	163	43:57