



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Kamberger, Bernd

Club: MTV 48 Hildesheim

Number: 400

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:28:34

Speed: 10.90 km/h

Running performance: 5:30 min/km

Rank in course/Total: 177 (of 403)

Rank in course/Men: 167 (of 355)

Best time in course: 1:44:00

Rank in category: 54(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Hermannsklippe	9.00	54:43	6:04	50	12:37	149	15:35	9.00	54:43	6:04	17		167	15:35
Brocken	3.00	27:54	9:17	47	6:57	151	9:07	12.00	1:22:37	6:53	17	0:13	167	24:15
Finish	15.00	1:05:57	4:23	60	18:41	186	20:19	27.00	2:28:34	5:30	54	38:15	167	44:34