



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Steppe, Lutz

Club: Bischofsheim

Number: 181

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:28:40

Speed: 10.90 km/h

Running performance: 5:31 min/km

Rank in course/Total: 179 (of 403)

Rank in course/Men: 169 (of 355)

Best time in course: 1:44:00

Rank in category: 35(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			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hermannsklippe	9.00	57:34	6:23	40	18:26	210	18:26	9.00	57:34	6:23	5		169	18:26
Brocken	3.00	29:07	9:42	38	9:53	197	10:20	12.00	1:26:41	7:13	5		169	28:19
Finish	15.00	1:01:59	4:07	27	16:21	119	16:21	27.00	2:28:40	5:30	35	44:40	169	44:40