



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Immenroth, Lothar**

Club: Börde-SV Eickendorf

Number: 70

Course: 27.00 km

Brockenlauf

Category:

Männer M50

Total time: 2:28:46

Speed: 10.89 km/h

Running performance: 5:31 min/km

Rank in course/Total: 181 (of 403)

Rank in course/Men: 170 (of 355)

Best time in course: 1:44:00

Rank in category: 24(of 54)

Best time in the category: 2:08:27

### Intermediate times

### Stage score

### Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |       |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |       |
| Hermannsklippe | 9.00        | 56:23         | 6:15            | 27          | 8:42           | 187         | 17:15         | 9.00          | 56:23         | 6:15            | 51          |                |            | 170           | 17:15 |
| Brocken        | 3.00        | 30:00         | 10:00           | 33          | 7:27           | 221         | 11:13         | 12.00         | 1:26:23       | 7:11            | 51          |                |            | 170           | 28:01 |
| Finish         | 15.00       | 1:02:23       | 4:09            | 18          | 6:14           | 127         | 16:45         | 27.00         | 2:28:46       | 5:30            | 24          | 20:19          |            | 170           | 44:46 |