



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Sternberg, Ulf

Club: Harz-Gebirgslauf Wernigerode

Number: 133

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:29:46

Speed: 10.82 km/h

Running performance: 5:33 min/km

Rank in course/Total: 188 (of 403)

Rank in course/Men: 176 (of 355)

Best time in course: 1:44:00

Rank in category: 57(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	56:14	6:14	62	14:08	182	17:06	9.00	56:14	6:14	14	1:28	176	17:06
Brocken	3.00	28:13	9:24	55	7:16	165	9:26	12.00	1:24:27	7:02	14	2:03	176	26:05
Finish	15.00	1:05:19	4:21	55	18:03	175	19:41	27.00	2:29:46	5:32	57	39:27	176	45:46