



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Vianen, Michel

Club: AV Gouda

Number: 378

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:29:54

Speed: 10.81 km/h

Running performance: 5:33 min/km

Rank in course/Total: 189 (of 403)

Rank in course/Men: 177 (of 355)

Best time in course: 1:44:00

Rank in category: 58(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	54:46	6:05	51	12:40	151	15:38	9.00	54:46	6:05	1	-	106	15:38
Brocken	3.00	27:38	9:12	46	6:41	145	8:51	12.00	1:22:24	6:52	1	-	177	24:02
Finish	15.00	1:07:30	4:30	63	20:14	201	21:52	27.00	2:29:54	5:33	58	39:35	177	45:54