



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Cabak, Guido**

Club: Bad Bikers

Number: 631

Course: 27.00 km

Brockenlauf

Category:

Männer M30

Total time: 2:32:01

Speed: 10.66 km/h

Running performance: 5:38 min/km

Rank in course/Total: 200 (of 403)

Rank in course/Men: 187 (of 355)

Best time in course: 1:44:00

Rank in category: 11(of 22)

Best time in the category: 1:49:23

### 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	58:53	6:32	15	19:44	229	19:45	9.00	58:53	6:32	13			187	19:45
Brocken	3.00	26:57	8:58	9	7:26	122	8:10	12.00	1:25:50	7:09	13			187	27:28
Finish	15.00	1:06:11	4:24	12	15:28	192	20:33	27.00	2:32:01	5:37	11	42:38		187	48:01