



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Knof, Martin

Club: VSG Königsutter

Number: 387

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:32:39

Speed: 10.61 km/h

Running performance: 5:39 min/km

Rank in course/Total: 202 (of 403)

Rank in course/Men: 189 (of 355)

Best time in course: 1:44:00

Rank in category: 60(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	56:01	6:13	60	13:55	178	16:53	9.00	56:01	6:13	11	1:15	189	16:53
Brocken	3.00	28:02	9:20	51	7:05	157	9:15	12.00	1:24:03	7:00	11	1:39	189	25:41
Finish	15.00	1:08:36	4:34	69	21:20	219	22:58	27.00	2:32:39	5:39	60	42:20	189	48:39