



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Jahn, Roland

Club: Nix tun kann jeder

Number: 240

Course: 27.00 km

Brockenlauf

Category:

Männer M50

Total time: 2:32:49

Speed: 10.60 km/h

Running performance: 5:40 min/km

Rank in course/Total: 203 (of 403)

Rank in course/Men: 190 (of 355)

Best time in course: 1:44:00

Rank in category: 30(of 54)

Best time in the category: 2:08:27

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	58:17	6:28	33	10:36	216	19:09	9.00	58:17	6:28	3		190	19:09
Brocken	3.00	28:19	9:26	24	5:46	173	9:32	12.00	1:26:36	7:12	3		190	28:14
Finish	15.00	1:06:13	4:24	31	10:04	193	20:35	27.00	2:32:49	5:39	30	24:22	190	48:49