



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Sendrowski, Roman

Club: Braunschweig

Number: 74

Course: 27.00 km

Brockenlauf

Category:

Männer M30

Total time: 2:33:51

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 210 (of 403)

Rank in course/Men: 197 (of 355)

Best time in course: 1:44:00

Rank in category: 12(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hermannsklippe	9.00	1:00:07	6:40	17	20:58	248	20:59	9.00	1:00:07	6:40	1	-	197	20:59
Brocken	3.00	27:55	9:18	13	8:24	153	9:08	12.00	1:28:02	7:20	1	-	197	29:40
Finish	15.00	1:05:49	4:23	11	15:06	182	20:11	27.00	2:33:51	5:41	12	44:28	197	49:51