



40. Brockenlauf 2010

Ilsenburg / 04.09.2010

Detailed evaluation

Pflingner, Hans-Jürgen

Club: BLV Ilsenburg

Number: 354

Course: 27.00 km

Brockenlauf

Category:

Männer M55

Total time: 2:34:09

Speed: 10.51 km/h

Running performance: 5:43 min/km

Rank in course/Total: 212 (of 403)

Rank in course/Men: 198 (of 355)

Best time in course: 1:44:00

Rank in category: 10(of 26)

Best time in the category: 2:04:40

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	59:06	6:33	14	14:20	232	19:58	9.00	59:06	6:33	17		198	19:58
Brocken	3.00	31:19	10:26	18	7:57	257	12:32	12.00	1:30:25	7:32	17	1:51	198	32:03
Finish	15.00	1:03:44	4:14	7	9:56	148	18:06	27.00	2:34:09	5:42	10	29:29	198	50:09