



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Staffen, Nico**

Club: SG Dynamo Eisleben

Number: 281

Course: 27.00 km

Brockenlauf

Category:

Männer M30

Total time: 2:34:36

Speed: 10.48 km/h

Running performance: 5:44 min/km

Rank in course/Total: 217 (of 403)

Rank in course/Men: 203 (of 355)

Best time in course: 1:44:00

Rank in category: 13(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 min/km	Pos Cat.	Behind		Pos Men	Behind Men
						Pos Men	Behind Men	km	Time			Pos Men	Behind Men		
Hermannsklippe	9.00	54:40	6:04	9	15:31	142	15:32	9.00	54:40	6:04	11			143	15:32
Brocken	3.00	27:30	9:09	11	7:59	143	8:43	12.00	1:22:10	6:50	11			111	23:48
Finish	15.00	1:12:26	4:49	18	21:43	260	26:48	27.00	2:34:36	5:43	13	45:13		203	50:36