



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Finkensiep, Dirk

Club: LGO Bochum

Number: 212

Course: 27.00 km

Brockenlauf

Category:

Männer M50

Total time: 2:35:01

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course/Total: 224 (of 403)

Rank in course/Men: 210 (of 355)

Best time in course: 1:44:00

Rank in category: 34(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		Total min/km	Pos Cat.	Behind		
						Pos Men	Behind Men	km	Time			Pos Men	Behind Men	
Hermannsklippe	9.00	56:02	6:13	25	8:21	179	16:54	9.00	56:02	6:13	7		210	16:54
Brocken	3.00	31:05	10:21	38	8:32	250	12:18	12.00	1:27:07	7:15	7		210	28:45
Finish	15.00	1:07:54	4:31	33	11:45	206	22:16	27.00	2:35:01	5:44	34	26:34	210	51:01