



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Jost, Steffen

Number: 399

Course: 27.00 km
Brockenlauf

Category:
Männer M20

Total time: 2:35:50

Speed: 10.40 km/h

Running performance: 5:46 min/km

Rank in course/Total: 227 (of 403)

Rank in course/Men: 213 (of 355)

Best time in course: 1:44:00

Rank in category: 17(of 23)

Best time in the category: 1:47:53

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 Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time					
Hermannsklippe	9.00	54:42	6:04	14	15:33	144	15:34	9.00	54:42	6:04	8	0:28	123	15:34
Brocken	3.00	29:34	9:51	16	10:47	212	10:47	12.00	1:24:16	7:01	8	1:21	213	25:54
Finish	15.00	1:11:34	4:46	18	21:37	250	25:56	27.00	2:35:50	5:46	17	47:57	213	51:50