



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Zillmann, Uwe**

Club: Braunschweig

Number: 75

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:35:56

Speed: 10.39 km/h

Running performance: 5:47 min/km

Rank in course/Total: 228 (of 403)

Rank in course/Men: 214 (of 355)

Best time in course: 1:44:00

Rank in category: 65(of 92)

Best time in the category: 1:50:19

### 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.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Hermannsklippe	9.00	52:35	5:50	33	10:29	97	13:27	9.00	52:35	5:50	6		214	13:27
Brocken	3.00	28:09	9:22	53	7:12	162	9:22	12.00	1:20:44	6:43	6		214	22:22
Finish	15.00	1:15:12	5:00	82	27:56	282	29:34	27.00	2:35:56	5:46	65	45:37	214	51:56