



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Kanzok, Rudolf

Club: Pingpark.de

Number: 404

Course: 27.00 km

Brockenlauf

Category:

Männer M65

Total time: 2:37:16

Speed: 10.30 km/h

Running performance: 5:49 min/km

Rank in course/Total: 236 (of 403)

Rank in course/Men: 222 (of 355)

Best time in course: 1:44:00

Rank in category: 4(of 12)

Best time in the category: 2:23:12

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	59:27	6:36	4	6:41	241	20:19	9.00	59:27	6:36	4	6:41	222	20:19
Brocken	3.00	28:59	9:39	4	3:26	194	10:12	12.00	1:28:26	7:22	4	10:07	222	30:04
Finish	15.00	1:08:50	4:35	4	5:27	224	23:12	27.00	2:37:16	5:49	4	14:04	222	53:16