



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Fritsche, Rainer

Club: Rot-Weiss Wernigerode

Number: 358

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:37:57

Speed: 10.26 km/h

Running performance: 5:51 min/km

Rank in course/Total: 242 (of 403)

Rank in course/Men: 227 (of 355)

Best time in course: 1:44:00

Rank in category: 68(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hermannsklippe	9.00	1:02:27	6:56	80	20:21	278	23:19	9.00	1:02:27	6:56	3	7:41	227	23:19
Brocken	3.00	30:26	10:08	65	9:29	231	11:39	12.00	1:32:53	7:44	3	10:29	227	34:31
Finish	15.00	1:05:04	4:20	52	17:48	169	19:26	27.00	2:37:57	5:50	68	47:38	227	53:57