



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Pahnke, Andreas

Club: Berlin
Number: 178

Course: 27.00 km
Brockenlauf

Category:
Männer M30

Total time: 2:38:11

Speed: 10.24 km/h
Running performance: 5:52 min/km

Rank in course/Total: 245 (of 403)

Rank in course/Men: 230 (of 355)

Best time in course: 1:44:00

Rank in category: 18(of 22)

Best time in the category: 1:49:23

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	56:27	6:16	12	17:18	189	17:19	9.00	56:27	6:16	6		230	17:19
Brocken	3.00	28:56	9:38	14	9:25	192	10:09	12.00	1:25:23	7:06	6		230	27:01
Finish	15.00	1:12:48	4:51	19	22:05	264	27:10	27.00	2:38:11	5:51	18	48:48	230	54:11