



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Steffen, Ulrich

Club: Brother de luxe

Number: 78

Course: 27.00 km

Brockenlauf

Category:

Männer M50

Total time: 2:38:17

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 246 (of 403)

Rank in course/Men: 231 (of 355)

Best time in course: 1:44:00

Rank in category: 37(of 54)

Best time in the category: 2:08:27

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	58:27	6:29	34	10:46	218	19:19	9.00	58:27	6:29	4			193	19:19
Brocken	3.00	29:16	9:45	28	6:43	201	10:29	12.00	1:27:43	7:18	10			231	29:21
Finish	15.00	1:10:34	4:42	37	14:25	238	24:56	27.00	2:38:17	5:51	37	29:50		231	54:17