



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Rahn, Thomas

Club: TuS Gohfeld

Number: 316

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:38:45

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 251 (of 403)

Rank in course/Men: 235 (of 355)

Best time in course: 1:44:00

Rank in category: 69(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	58:48	6:31	70	16:42	227	19:40	9.00	58:48	6:31	2	4:02	235	19:40
Brocken	3.00	31:44	10:34	75	10:47	263	12:57	12.00	1:30:32	7:32	2	8:08	235	32:10
Finish	15.00	1:08:13	4:32	66	20:57	213	22:35	27.00	2:38:45	5:52	69	48:26	235	54:45