



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Rzodeczko, Thorsten

Club: lauffreunde emsland

Number: 185

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:39:35

Speed: 10.15 km/h

Running performance: 5:55 min/km

Rank in course/Total: 256 (of 403)

Rank in course/Men: 239 (of 355)

Best time in course: 1:44:00

Rank in category: 42(of 61)

Best time in the category: 1:44:00

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	46	20:19	241	20:19	9.00	59:27	6:36	12	0:58	222	20:19
Brocken	3.00	29:07	9:42	38	9:53	197	10:20	12.00	1:28:34	7:22	12		232	30:12
Finish	15.00	1:11:01	4:44	48	25:23	245	25:23	27.00	2:39:35	5:54	42	55:35	239	55:35