



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Böhme, Alf

Club: Wolfenbüttel

Number: 385

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:40:26

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 260 (of 403)

Rank in course/Men: 241 (of 355)

Best time in course: 1:44:00

Rank in category: 73(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		Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	km	Time		Pos Cat.	Behind Cat.		
Hermannsklippe	9.00	58:15	6:28	67	16:09	215	19:07	9.00	58:15	6:28	44	3:29	241	19:07
Brocken	3.00	34:43	11:34	83	13:46	311	15:56	12.00	1:32:58	7:44	44	10:34	241	34:36
Finish	15.00	1:07:28	4:29	62	20:12	200	21:50	27.00	2:40:26	5:56	73	50:07	241	56:26