



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Henke, Thomas**

Club: SSC Germania

Number: 289

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:41:03

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 261 (of 403)

Rank in course/Men: 242 (of 355)

Best time in course: 1:44:00

Rank in category: 43(of 61)

Best time in the category: 1:44:00

### Intermediate times

### Stage score

### Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Hermannsklippe | 9.00        | 1:03:27       | 7:03            | 54          | 24:19          | 291         | 24:19         | 9.00          | 1:03:27       | 7:03            | 13          | 4:58           | 242        | 24:19         |
| Brocken        | 3.00        | 32:59         | 10:59           | 53          | 13:45          | 285         | 14:12         | 12.00         | 1:36:26       | 8:02            | 13          | 6:12           | 242        | 38:04         |
| Finish         | 15.00       | 1:04:37       | 4:18            | 34          | 18:59          | 159         | 18:59         | 27.00         | 2:41:03       | 5:57            | 43          | 57:03          | 242        | 57:03         |