



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 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 | 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 |