



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Heitfeldt, Ulrich

Club: LG Hannover

Number: 204

Course: 27.00 km

Brockenlauf

Category:

Männer M50

Total time: 2:44:15

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 278 (of 403)

Rank in course/Men: 257 (of 355)

Best time in course: 1:44:00

Rank in category: 39(of 54)

Best time in the category: 2:08:27

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	1:00:46	6:45	41	13:05	263	21:38	9.00	1:00:46	6:45	12			257	21:38
Brocken	3.00	32:03	10:40	42	9:30	272	13:16	12.00	1:32:49	7:44	12			257	34:27
Finish	15.00	1:11:26	4:45	38	15:17	249	25:48	27.00	2:44:15	6:04	39	35:48		257	1:00:15