



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Kroll, Ralf

Club: Ganzheitliche Wege e.V.Wittenberg

Number: 375

Course: 27.00 km

Brockenlauf

Category:

Männer M50

Total time: 2:44:20

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 280 (of 403)

Rank in course/Men: 259 (of 355)

Best time in course: 1:44:00

Rank in category: 40(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 | 57:25 | 6:22 | 32 | 9:44 | 207 | 18:17 | 9.00 | 57:25 | 6:22 | 13 | | 259 | 18:17 |
| Brocken | 3.00 | 31:17 | 10:25 | 40 | 8:44 | 256 | 12:30 | 12.00 | 1:28:42 | 7:23 | 13 | | 259 | 30:20 |
| Finish | 15.00 | 1:15:38 | 5:02 | 45 | 19:29 | 285 | 30:00 | 27.00 | 2:44:20 | 6:05 | 40 | 35:53 | 259 | 1:00:20 |