



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Grünwald, Günter Franz

Club: NLLB Cottbus

Number: 243

Course: 27.00 km

Brockenlauf

Category:

Männer M55

Total time: 2:44:43

Speed: 9.84 km/h

Running performance: 6:06 min/km

Rank in course/Total: 284 (of 403)

Rank in course/Men: 262 (of 355)

Best time in course: 1:44:00

Rank in category: 20(of 26)

Best time in the category: 2:04:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Hermannsklippe	9.00	1:00:44	6:44	18	15:58	261	21:36	9.00	1:00:44	6:44	7	1:28	262	21:36
Brocken	3.00	32:07	10:42	20	8:45	274	13:20	12.00	1:32:51	7:44	7	4:17	262	34:29
Finish	15.00	1:11:52	4:47	17	18:04	254	26:14	27.00	2:44:43	6:06	20	40:03	262	1:00:43