



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Kleinöder, Helmuth

Club: Nordshieser Fire Runners

Number: 245

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:45:29

Speed: 9.79 km/h

Running performance: 6:08 min/km

Rank in course/Total: 287 (of 403)

Rank in course/Men: 264 (of 355)

Best time in course: 1:44:00

Rank in category: 51(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hermannsklippe	9.00	1:06:18	7:21	56	27:10	316	27:10	9.00	1:06:18	7:21	21	7:49	264	27:10
Brocken	3.00	31:15	10:24	45	12:01	253	12:28	12.00	1:37:33	8:07	21	7:19	264	39:11
Finish	15.00	1:07:56	4:31	38	22:18	209	22:18	27.00	2:45:29	6:07	51	1:01:29	264	1:01:29