



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Vollrath, Mark

Club: TU Braunschweig

Number: 603

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:46:50

Speed: 9.71 km/h

Running performance: 6:11 min/km

Rank in course/Total: 293 (of 403)

Rank in course/Men: 269 (of 355)

Best time in course: 1:44:00

Rank in category: 75(of 92)

Best time in the category: 1:50:19

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | | Total ranking | | | |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|---------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Hermannsklippe | 9.00 | 59:13 | 6:34 | 72 | 17:07 | 235 | 20:05 | 9.00 | 59:13 | 6:34 | 41 | 4:27 | 269 | 20:05 |
| Brocken | 3.00 | 35:11 | 11:43 | 85 | 14:14 | 319 | 16:24 | 12.00 | 1:34:24 | 7:52 | 41 | 12:00 | 269 | 36:02 |
| Finish | 15.00 | 1:12:26 | 4:49 | 76 | 25:10 | 260 | 26:48 | 27.00 | 2:46:50 | 6:10 | 75 | 56:31 | 269 | 1:02:50 |