



40. Brockenlauf 2010

Ilsenburg / 04.09.2010

Detailed evaluation

Michael, Ermrich

Club: BLV Ilsenburg

Number: 632

Course: 27.00 km

Brockenlauf

Category:

Männer M55

Total time: 2:48:07

Speed: 9.64 km/h

Running performance: 6:14 min/km

Rank in course/Total: 300 (of 403)

Rank in course/Men: 276 (of 355)

Best time in course: 1:44:00

Rank in category: 21(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hermannsklippe	9.00	1:02:30	6:56	21	17:44	280	23:22	9.00	1:02:30	6:56	6	3:14	277	23:22
Brocken	3.00	31:16	10:25	17	7:54	254	12:29	12.00	1:33:46	7:48	6	5:12	277	35:24
Finish	15.00	1:14:21	4:57	19	20:33	274	28:43	27.00	2:48:07	6:13	21	43:27	277	1:04:07