



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Heinen, Matthias

Club: Achim

Number: 163

Course: 27.00 km

Brockenlauf

Category:

Männer M20

Total time: 2:48:37

Speed: 9.61 km/h

Running performance: 6:15 min/km

Rank in course/Total: 302 (of 403)

Rank in course/Men: 278 (of 355)

Best time in course: 1:44:00

Rank in category: 21(of 23)

Best time in the category: 1:47:53

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	1:00:34	6:43	19	21:25	254	21:26	9.00	1:00:34	6:43	4	6:20	279	21:26
Brocken	3.00	31:59	10:39	20	13:12	269	13:12	12.00	1:32:33	7:42	4	9:38	279	34:11
Finish	15.00	1:16:04	5:04	21	26:07	291	30:26	27.00	2:48:37	6:14	21	1:00:44	279	1:04:37