



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Machinek, Horst

Club: Maschsee-Sharks Hannover

Number: 231

Course: 27.00 km

Brockenlauf

Category:

Männer M50

Total time: 2:49:18

Speed: 9.57 km/h

Running performance: 6:16 min/km

Rank in course/Total: 304 (of 403)

Rank in course/Men: 280 (of 355)

Best time in course: 1:44:00

Rank in category: 44(of 54)

Best time in the category: 2:08:27

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	1:00:40	6:44	40	12:59	258	21:32	9.00	1:00:40	6:44	17		281	21:32
Brocken	3.00	33:19	11:06	45	10:46	288	14:32	12.00	1:33:59	7:49	17		281	35:37
Finish	15.00	1:15:19	5:01	44	19:10	283	29:41	27.00	2:49:18	6:16	44	40:51	281	1:05:18