



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Vahldiek, Frank

Club: Marathon Hildesheim

Number: 230

Enduro Long Men

Category:

Männer M45

Total time: 2:49:41

Speed: - km/h

Running performance: 6:17 min/km

Rank in course/Total: 308 (of 403)

Rank in course/Men: 284 (of 355)

Best time in course: 1:44:00

Rank in category: 80(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hermannsklippe	9.00	1:02:31	6:56	81	20:25	281	23:23	9.00	1:02:31	6:56	37	7:45	285	23:23
Brocken	3.00	30:52	10:17	68	9:55	240	12:05	12.00	1:33:23	7:46	37	10:59	285	35:01
Finish	15.00	1:16:18	5:05	83	29:02	294	30:40	-	2:49:41	-	80	59:22	285	1:05:41