



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Vahldiek, Frank

Club: Marathon Hildesheim

Number: 230

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:49:41

Speed: 9.55 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 | 27.00 | 2:49:41 | 6:17 | 80 | 59:22 | 285 | 1:05:41 |