



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Henneking, Thomas

Club: Minden

Number: 232

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:50:13

Speed: 9.52 km/h

Running performance: 6:18 min/km

Rank in course/Total: 309 (of 403)

Rank in course/Men: 285 (of 355)

Best time in course: 1:44:00

Rank in category: 81(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	1:00:41	6:44	77	18:35	259	21:33	9.00	1:00:41	6:44	24	5:55	286	21:33
Brocken	3.00	30:46	10:15	66	9:49	237	11:59	12.00	1:31:27	7:37	24	9:03	286	33:05
Finish	15.00	1:18:46	5:15	84	31:30	304	33:08	27.00	2:50:13	6:18	81	59:54	286	1:06:13