



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Förster, Norbert

Club: Braunschweig

Number: 71

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:51:14

Speed: 9.46 km/h

Running performance: 6:20 min/km

Rank in course/Total: 312 (of 403)

Rank in course/Men: 287 (of 355)

Best time in course: 1:44:00

Rank in category: 55(of 61)

Best time in the category: 1:44:00

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	1:02:37	6:57	53	23:29	284	23:29	9.00	1:02:37	6:57	25	4:08	284	23:29
Brocken	3.00	31:04	10:21	44	11:50	249	12:17	12.00	1:33:41	7:48	25	3:27	288	35:19
Finish	15.00	1:17:33	5:10	55	31:55	300	31:55	27.00	2:51:14	6:20	55	1:07:14	288	1:07:14