



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Liesegang, Rainer

Club: Potsdam

Number: 258

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:51:55

Speed: 9.42 km/h

Running performance: 6:22 min/km

Rank in course/Total: 316 (of 403)

Rank in course/Men: 291 (of 355)

Best time in course: 1:44:00

Rank in category: 82(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	57:33	6:23	66	15:27	209	18:25	9.00	57:33	6:23	35	2:47	292	18:25
Brocken	3.00	34:53	11:37	84	13:56	314	16:06	12.00	1:32:26	7:42	35	10:02	276	34:04
Finish	15.00	1:19:29	5:17	85	32:13	309	33:51	27.00	2:51:55	6:22	82	1:01:36	292	1:07:55