



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Kemnah, Michael

Club: Pulvis Fitness

Number: 384

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:54:43

Speed: 9.27 km/h

Running performance: 6:28 min/km

Rank in course/Total: 321 (of 403)

Rank in course/Men: 294 (of 355)

Best time in course: 1:44:00

Rank in category: 83(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	1:05:19	7:15	85	23:13	309	26:11	9.00	1:05:19	7:15	34	10:33	295	26:11
Brocken	3.00	34:20	11:26	82	13:23	304	15:33	12.00	1:39:39	8:18	34	17:15	295	41:17
Finish	15.00	1:15:04	5:00	79	27:48	279	29:26	27.00	2:54:43	6:28	83	1:04:24	295	1:10:43