



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Depping, Uwe

Club: Bad Lauterberg

Number: 169

Course: 27.00 km

Brockenlauf

Category:

Männer M45

Total time: 2:55:10

Speed: 9.25 km/h

Running performance: 6:29 min/km

Rank in course/Total: 322 (of 403)

Rank in course/Men: 295 (of 355)

Best time in course: 1:44:00

Rank in category: 84(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	1:06:09	7:21	87	24:03	313	27:01	9.00	1:06:09	7:21	33	11:23	296	27:01
Brocken	3.00	33:50	11:16	80	12:53	299	15:03	12.00	1:39:59	8:19	33	17:35	296	41:37
Finish	15.00	1:15:11	5:00	81	27:55	281	29:33	27.00	2:55:10	6:29	84	1:04:51	296	1:11:10