



# 40. Brockenlauf 2010

Ilsenburg / 04.09.2010

## Detailed evaluation

Mittelstädt, Rudolf

Club: Brockenlaufv. 1927 Ilsenburg

Number: 60

Course: 27.00 km

Brockenlauf

Category:

Männer M70

Total time: 2:57:08

Speed: 9.15 km/h

Running performance: 6:34 min/km

Rank in course/Total: 331 (of 403)

Rank in course/Men: 303 (of 355)

Best time in course: 1:44:00

Rank in category: 4(of 5)

Best time in the category: 2:16:16

### 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	1:05:28	7:16	4	13:15	310	26:20	9.00	1:05:28	7:16	4	13:15	304	26:20
Brocken	3.00	33:48	11:15	2	7:10	296	15:01	12.00	1:39:16	8:16	4	20:25	304	40:54
Finish	15.00	1:17:52	5:11	4	20:27	302	32:14	27.00	2:57:08	6:33	4	40:52	304	1:13:08