



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

Rücker, Jan

Club: VfR Wilsche-Neubokel

Number: 325

Course: 27.00 km

Brockenlauf

Category:

Männer M35

Total time: 3:00:35

Speed: 8.97 km/h

Running performance: 6:41 min/km

Rank in course/Total: 346 (of 403)

Rank in course/Men: 314 (of 355)

Best time in course: 1:44:00

Rank in category: 34(of 39)

Best time in the category: 1:46:59

### 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	1:08:58	7:39	38	28:53	331	29:50	9.00	1:08:58	7:39	15	12:21	314	29:50
Brocken	3.00	35:50	11:56	37	16:24	328	17:03	12.00	1:44:48	8:43	15	18:11	314	46:26
Finish	15.00	1:15:47	5:03	33	28:19	287	30:09	27.00	3:00:35	6:41	34	1:13:36	315	1:16:35