



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Müller, Helmut

Club: Hennickendorf

Number: 138

Course: 27.00 km

Brockenlauf

Category:

Männer M75

Total time: 3:04:31

Speed: 8.78 km/h

Running performance: 6:50 min/km

Rank in course/Total: 357 (of 403)

Rank in course/Men: 321 (of 355)

Best time in course: 1:44:00

Rank in category: 2(of 3)

Best time in the category: 2:56:33

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	1:09:16	7:41	2	4:31	332	30:08	9.00	1:09:16	7:41	2	4:31	321	30:08
Brocken	3.00	34:36	11:31	2	2:27	310	15:49	12.00	1:43:52	8:39	2	6:58	321	45:30
Finish	15.00	1:20:39	5:22	2	1:00	315	35:01	27.00	3:04:31	6:50	2	7:58	322	1:20:31