



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Pollmann, Josef-Georg**

Club: LAC Hochsauerland

Number: 159

Course: 27.00 km

Brockenlauf

Category:

Männer M50

Total time: 3:05:23

Speed: 8.74 km/h

Running performance: 6:52 min/km

Rank in course/Total: 361 (of 403)

Rank in course/Men: 324 (of 355)

Best time in course: 1:44:00

Rank in category: 50(of 54)

Best time in the category: 2:08:27

### Intermediate times

### Stage score

### Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Hermannsklippe | 9.00        | 1:11:36       | 7:57            | 52          | 23:55          | 339         | 32:28         | 9.00          | 1:11:36       | 7:57            | 23          | 10:26          | 324        | 32:28         |
| Brocken        | 3.00        | 34:32         | 11:30           | 48          | 11:59          | 307         | 15:45         | 12.00         | 1:46:08       | 8:50            | 23          | 11:10          | 324        | 47:46         |
| Finish         | 15.00       | 1:19:15       | 5:16            | 49          | 23:06          | 307         | 33:37         | 27.00         | 3:05:23       | 6:51            | 50          | 56:56          | 325        | 1:21:23       |