



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Fähsing, Ralf

Club: USC 'O.v.Guericke' Magdeburg

Number: 319

Course: 27.00 km

Brockenlauf

Category:

Männer M55

Total time: 3:05:57

Speed: 8.71 km/h

Running performance: 6:53 min/km

Rank in course/Total: 363 (of 403)

Rank in course/Men: 325 (of 355)

Best time in course: 1:44:00

Rank in category: 25(of 26)

Best time in the category: 2:04:40

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	1:10:05	7:47	24	25:19	336	30:57	9.00	1:10:05	7:47	3	10:49	325	30:57
Brocken	3.00	37:18	12:25	24	13:56	338	18:31	12.00	1:47:23	8:56	3	18:49	325	49:01
Finish	15.00	1:18:34	5:14	23	24:46	303	32:56	27.00	3:05:57	6:53	25	1:01:17	326	1:21:57