



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Post, Michael**

Club: Rodenberg

Number: 269

Enduro Long Men

Category:

Männer M45

Total time: 3:07:47

Speed: - km/h

Running performance: 6:57 min/km

Rank in course/Total: 367 (of 403)

Rank in course/Men: 329 (of 355)

Best time in course: 1:44:00

Rank in category: 88(of 92)

Best time in the category: 1:50:19

### 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        | 1:05:38       | 7:17            | 86          | 23:32          | 311         | 26:30         | 9.00          | 1:05:38       | 7:17            | 29          | 10:52          | 329        | 26:30         |
| Brocken        | 3.00        | 32:32         | 10:50           | 77          | 11:35          | 281         | 13:45         | 12.00         | 1:38:10       | 8:10            | 29          | 15:46          | 329        | 39:48         |
| Finish         | 15.00       | 1:29:37       | 5:58            | 91          | 42:21          | 343         | 43:59         | -             | 3:07:47       | -               | 88          | 1:17:28        | 330        | 1:23:47       |