



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Ciomek, Manfred**

Club: TSV Vater Jahn Wittmar

Number: 312

Course: 27.00 km

Brockenlauf

Category:

Männer M60

Total time: 3:07:51

Speed: 8.62 km/h

Running performance: 6:58 min/km

Rank in course/Total: 368 (of 403)

Rank in course/Men: 330 (of 355)

Best time in course: 1:44:00

Rank in category: 13(of 17)

Best time in the category: 2:13:16

### 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	1:11:45	7:58	13	21:52	340	32:37	9.00	1:11:45	7:58	6	7:16	330	32:37
Brocken	3.00	35:22	11:47	13	10:08	321	16:35	12.00	1:47:07	8:55	6	11:12	330	48:45
Finish	15.00	1:20:44	5:22	10	23:14	316	35:06	27.00	3:07:51	6:57	13	54:35	331	1:23:51