



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Gedamke, Rüdiger

Club: Laufakademie Bremen

Number: 624

Course: 27.00 km

Brockenlauf

Category:

Männer M55

Total time: 3:11:56

Speed: 8.44 km/h

Running performance: 7:07 min/km

Rank in course/Total: 379 (of 403)

Rank in course/Men: 337 (of 355)

Best time in course: 1:44:00

Rank in category: 26(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	1:12:51	8:05	25	28:05	343	33:43	9.00	1:12:51	8:05	2	13:35	337	33:43
Brocken	3.00	37:56	12:38	25	14:34	340	19:09	12.00	1:50:47	9:13	2	22:13	337	52:25
Finish	15.00	1:21:09	5:24	25	27:21	318	35:31	27.00	3:11:56	7:06	26	1:07:16	338	1:27:56