



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Steingräber, Lucian

Club: Ahrensböck

Number: 164

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 3:14:21

Speed: 8.34 km/h

Running performance: 7:12 min/km

Rank in course/Total: 385 (of 403)

Rank in course/Men: 342 (of 355)

Best time in course: 1:44:00

Rank in category: 59(of 61)

Best time in the category: 1:44:00

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	1:08:04	7:33	57	28:56	327	28:56	9.00	1:08:04	7:33	29	9:35	342	28:56
Brocken	3.00	38:19	12:46	60	19:05	343	19:32	12.00	1:46:23	8:51	29	16:09	342	48:01
Finish	15.00	1:27:58	5:51	59	42:20	339	42:20	27.00	3:14:21	7:11	59	1:30:21	343	1:30:21