



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Holz, Volker**

Club: Derenburg

Number: 92

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 3:21:36

Speed: 8.04 km/h

Running performance: 7:28 min/km

Rank in course/Total: 388 (of 403)

Rank in course/Men: 343 (of 355)

Best time in course: 1:44:00

Rank in category: 60(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	1:11:33	7:56	60	32:25	338	32:25	9.00	1:11:33	7:56	30	13:04	343	32:25
Brocken	3.00	36:10	12:03	59	16:56	333	17:23	12.00	1:47:43	8:58	30	17:29	343	49:21
Finish	15.00	1:33:53	6:15	60	48:15	345	48:15	27.00	3:21:36	7:28	60	1:37:36	344	1:37:36