



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Mühlhaus, Helmut**

Club: Rennsteiglaufverein

Number: 266

Course: 27.00 km

Brockenlauf

Category:

Männer M75

Total time: 3:31:40

Speed: 7.65 km/h

Running performance: 7:50 min/km

Rank in course/Total: 396 (of 403)

Rank in course/Men: 349 (of 355)

Best time in course: 1:44:00

Rank in category: 3(of 3)

Best time in the category: 2:56:33

### 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	1:18:28	8:43	3	13:43	351	39:20	9.00	1:18:28	8:43	3	13:43	349	39:20
Brocken	3.00	44:47	14:55	3	12:38	352	26:00	12.00	2:03:15	10:16	3	26:21	349	1:04:53
Finish	15.00	1:28:25	5:53	3	8:46	341	42:47	27.00	3:31:40	7:50	3	35:07	350	1:47:40