



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Ahrens, Roswitha**

Club: MSV Eintr. Halberstadt

Number: 452

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W65

Total time: 56:45

Speed: 10.57 km/h

Running performance: 5:41 min/km

Rank in course/Total: 87 (of 135)

Rank in course/Women: 22 (of 50)

Best time in course: 36:31

Rank in category: 1(of 3)

Best time in the category: 56:45

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	29:13	7:07	1	-	23	11:32	4.10	29:13	7:07	1	-	47	
Lap 1	1.60	8:04	5:02	1	-	14	2:28	5.70	37:17	6:32	1	-	47	
Last lap Finish	4.30	19:28	4:31	1	-	20	6:14	10.00	56:45	5:40	1	-	22	20:14