



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

### Wagner, Sabine

Club: Ilseburg

Number: 490

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W35

Total time: 57:17

Speed: 10.47 km/h

Running performance: 5:44 min/km

Rank in course/Total: 93 (of 135)

Rank in course/Women: 23 (of 50)

Best time in course: 36:31

Rank in category: 3(of 6)

Best time in the category: 44:08

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking					
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Ilsestein	4.10	29:15	7:08	3	7:27	24	11:34	4.10	29:15	7:08	3	7:27	14
Lap 1	1.60	8:55	5:34	3	2:02	30	3:19	5.70	38:10	6:41	3	9:29	14
Last lap Finish	4.30	19:07	4:26	4	3:40	16	5:53	10.00	57:17	5:43	3	13:09	23 20:46