



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Derksen, Esther

Club: AV Veluwe - Loenen NL

Number: 493

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: 94 (of 135)

Rank in course/Women: 24 (of 50)

Best time in course: 36:31

Rank in category: 4(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	29:31	7:11	4	7:43	28	11:50	4.10	29:31	7:11	4	7:43	49
Lap 1	1.60	9:06	5:41	5	2:13	37	3:30	5.70	38:37	6:46	4	9:56	49
Last lap Finish	4.30	18:40	4:20	3	3:13	13	5:26	10.00	57:17	5:43	3	13:09	23 20:46