



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Puts-Warnecke, Nicolle

Club: Wernigerode

Number: 491

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W45

Total time: 57:19

Speed: 10.47 km/h

Running performance: 5:44 min/km

Rank in course/Total: 95 (of 135)

Rank in course/Women: 25 (of 50)

Best time in course: 36:31

Rank in category: 4(of 8)

Best time in the category: 48:56

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	29:15	7:08	3	2:20	24	11:34	4.10	29:15	7:08	3	2:20	14		
Lap 1	1.60	8:55	5:34	5	0:38	30	3:19	5.70	38:10	6:41	3	2:10	14		
Last lap Finish	4.30	19:09	4:27	1	-	17	5:55	10.00	57:19	5:43	4	8:23	25	20:48	