



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Warthmann, Kristina

Club: Wernigerode

Number: 488

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W40

Total time: 57:27

Speed: 10.44 km/h

Running performance: 5:44 min/km

Rank in course/Total: 96 (of 135)

Rank in course/Women: 26 (of 50)

Best time in course: 36:31

Rank in category: 5(of 13)

Best time in the category: 44:51

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	29:01	7:04	5	6:54	22	11:20	4.10	29:01	7:04	5	6:54	2		
Lap 1	1.60	8:47	5:29	5	2:15	26	3:11	5.70	37:48	6:37	5	9:09	2		
Last lap Finish	4.30	19:39	4:34	6	3:27	25	6:25	10.00	57:27	5:44	5	12:36	26	20:56	