



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Lindemann-Hackmann, Gitta

Club: MSV Eintr. Halberstadt

Number: 473

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W55

Total time: 58:08

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course/Total: 97 (of 135)

Rank in course/Women: 27 (of 50)

Best time in course: 36:31

Rank in category: 2(of 2)

Best time in the category: 54:44

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	29:20	7:09	2	2:35	26	11:39	4.10	29:20	7:09	2	2:35	3		
Lap 1	1.60	8:32	5:19	1	-	21	2:56	5.70	37:52	6:38	2	2:24	3		
Last lap Finish	4.30	20:16	4:42	2	1:00	28	7:02	10.00	58:08	5:48	2	3:24	27	21:37	