



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Hellerling, Antje**

Club: Drübeck

Number: 492

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W45

Total time: 58:48

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 99 (of 135)

Rank in course/Women: 28 (of 50)

Best time in course: 36:31

Rank in category: 5(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	30:25	7:25	5	3:30	34	12:44	4.10	30:25	7:25	4	3:30	4		
Lap 1	1.60	8:17	5:10	1	-	19	2:41	5.70	38:42	6:47	4	2:42	4		
Last lap Finish	4.30	20:06	4:40	4	0:57	27	6:52	10.00	58:48	5:52	5	9:52	28	22:17	