



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Hildebrandt, Irina

Club: Rot-Weiß Abbenrode

Number: 466

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W40

Total time: 59:02

Speed: 10.16 km/h

Running performance: 5:54 min/km

Rank in course/Total: 101 (of 135)

Rank in course/Women: 29 (of 50)

Best time in course: 36:31

Rank in category: 6(of 13)

Best time in the category: 44:51

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	29:28	7:11	6	7:21	27	11:47	4.10	29:28	7:11	6	7:21	5
Lap 1	1.60	9:17	5:48	8	2:45	41	3:41	5.70	38:45	6:47	6	10:06	5
Last lap Finish	4.30	20:17	4:43	7	4:05	29	7:03	10.00	59:02	5:54	6	14:11	29 22:31