



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Pilz, Edda

Club: TG-La.Pe.Ka.Osterode

Number: 476

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W65

Total time: 59:07

Speed: 10.15 km/h

Running performance: 5:55 min/km

Rank in course/Total: 102 (of 135)

Rank in course/Women: 30 (of 50)

Best time in course: 36:31

Rank in category: 2(of 3)

Best time in the category: 56:45

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	30:15	7:22	2	1:02	32	12:34	4.10	30:15	7:22	2	1:02	6	
Lap 1	1.60	8:54	5:33	2	0:50	29	3:18	5.70	39:09	6:52	2	1:52	6	
Last lap Finish	4.30	19:58	4:38	2	0:30	26	6:44	10.00	59:07	5:54	2	2:22	30	22:36