



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Bedemann, Anke

Club: Ziltendorf

Number: 451

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W40

Total time: 59:11

Speed: 10.14 km/h

Running performance: 5:55 min/km

Rank in course/Total: 103 (of 135)

Rank in course/Women: 31 (of 50)

Best time in course: 36:31

Rank in category: 7(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	30:03	7:19	8	7:56	30	12:22	4.10	30:03	7:19	7	7:56	7
Lap 1	1.60	9:38	6:01	10	3:06	44	4:02	5.70	39:41	6:57	7	11:02	7
Last lap Finish	4.30	19:30	4:32	5	3:18	21	6:16	10.00	59:11	5:55	7	14:20	31 22:40