



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Mamier, Petra

Club: Rot-Weiß Abbenrode

Number: 474

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W45

Total time: 59:43

Speed: 10.05 km/h

Running performance: 5:58 min/km

Rank in course/Total: 106 (of 135)

Rank in course/Women: 32 (of 50)

Best time in course: 36:31

Rank in category: 6(of 8)

Best time in the category: 48:56

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	30:06	7:20	4	3:11	31	12:25	4.10	30:06	7:20	5	3:11	8
Lap 1	1.60	8:40	5:24	3	0:23	23	3:04	5.70	38:46	6:48	5	2:46	8
Last lap Finish	4.30	20:57	4:52	5	1:48	36	7:43	10.00	59:43	5:58	6	10:47	32 23:12