



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Judenhahn, Christine

Club: RTC Bernburger Bären

Number: 469

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W50

Total time: 1:00:00

Speed: 10.00 km/h

Running performance: 6:00 min/km

Rank in course/Total: 107 (of 135)

Rank in course/Women: 33 (of 50)

Best time in course: 36:31

Rank in category: 4(of 5)

Best time in the category: 53:30

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	30:28	7:25	5	3:19	35	12:47	4.10	30:28	7:25	4	3:19	9		
Lap 1	1.60	9:11	5:44	5	1:08	38	3:35	5.70	39:39	6:57	4	4:27	9		
Last lap Finish	4.30	20:21	4:43	4	2:10	30	7:07	10.00	1:00:00	6:00	4	6:30	33	23:29	