



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Kühnel, Marion

Club: FSV Grün-Weiß Großbothen
Number: 472

Course: 10.00 km
Ilsesteinlauf

Category:
Frauen W40

Total time: 1:00:03

Speed: 9.99 km/h
Running performance: 6:00 min/km

Rank in course/Total: 108 (of 135)

Rank in course/Women: 34 (of 50)

Best time in course: 36:31

Rank in category: 8(of 13)

Best time in the category: 44:51

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	30:31	7:26	9	8:24	36	12:50	4.10	30:31	7:26	8	8:24	10	
Lap 1	1.60	9:00	5:37	7	2:28	33	3:24	5.70	39:31	6:55	8	10:52	10	
Last lap Finish	4.30	20:32	4:46	8	4:20	31	7:18	10.00	1:00:03	6:00	8	15:12	34	23:32