



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Oppermann, Waltraud

Club: Seedorf

Number: 475

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W50

Total time: 1:00:05

Speed: 9.99 km/h

Running performance: 6:01 min/km

Rank in course/Total: 109 (of 135)

Rank in course/Women: 35 (of 50)

Best time in course: 36:31

Rank in category: 5(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	30:16	7:22	4	3:07	33	12:35	4.10	30:16	7:22	5	3:07	11		
Lap 1	1.60	9:05	5:40	4	1:02	34	3:29	5.70	39:21	6:54	5	4:09	11		
Last lap Finish	4.30	20:44	4:49	5	2:33	33	7:30	10.00	1:00:05	6:00	5	6:35	35	23:34	