



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Genge, Silke

Club: TSV Langeln

Number: 460

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W40

Total time: 1:00:18

Speed: 9.95 km/h

Running performance: 6:02 min/km

Rank in course/Total: 113 (of 135)

Rank in course/Women: 36 (of 50)

Best time in course: 36:31

Rank in category: 9(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	29:48	7:16	7	7:41	29	12:07	4.10	29:48	7:16	9	7:41	12		
Lap 1	1.60	9:36	5:59	9	3:04	43	4:00	5.70	39:24	6:54	9	10:45	12		
Last lap Finish	4.30	20:54	4:51	9	4:42	34	7:40	10.00	1:00:18	6:01	9	15:27	36	23:47	