



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Rieger, Maren

Club: SV Prießnitz

Number: 480

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W35

Total time: 1:00:19

Speed: 9.95 km/h

Running performance: 6:02 min/km

Rank in course/Total: 114 (of 135)

Rank in course/Women: 37 (of 50)

Best time in course: 36:31

Rank in category: 5(of 6)

Best time in the category: 44:08

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	30:47	7:30	5	8:59	38	13:06	4.10	30:47	7:30	5	8:59	13		
Lap 1	1.60	8:59	5:36	4	2:06	32	3:23	5.70	39:46	6:58	5	11:05	13	0:01	
Last lap Finish	4.30	20:33	4:46	5	5:06	32	7:19	10.00	1:00:19	6:01	5	16:11	37	23:48	