



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Patzenhauer, Sandra

Club: Hannover

Number: 483

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W20

Total time: 1:01:01

Speed: 9.83 km/h

Running performance: 6:06 min/km

Rank in course/Total: 116 (of 135)

Rank in course/Women: 38 (of 50)

Best time in course: 36:31

Rank in category: 1(of 3)

Best time in the category: 1:01:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	31:00	7:33	1	-	40	13:19	4.10	31:00	7:33	1	-	1	-
Lap 1	1.60	8:45	5:28	1	-	25	3:09	5.70	39:45	6:58	1	-	1	-
Last lap Finish	4.30	21:16	4:56	2	0:02	39	8:02	10.00	1:01:01	6:06	1	-	38	24:30