



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Holtkamp, Beate

Club: Minden

Number: 467

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W45

Total time: 1:01:09

Speed: 9.81 km/h

Running performance: 6:07 min/km

Rank in course/Total: 117 (of 135)

Rank in course/Women: 39 (of 50)

Best time in course: 36:31

Rank in category: 7(of 8)

Best time in the category: 48:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking					
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Ilsestein	4.10	30:37	7:28	6	3:42	37	12:56	4.10	30:37	7:28	6	3:42	15
Lap 1	1.60	8:50	5:31	4	0:33	27	3:14	5.70	39:27	6:55	6	3:27	15
Last lap Finish	4.30	21:42	5:02	7	2:33	43	8:28	10.00	1:01:09	6:06	7	12:13	39 24:38