



40. Brockenlauf 2010

Ilsenburg / 04.09.2010

Detailed evaluation

Franke, Katrin

Club: Brockenlaufv. 1927 Ilsenburg

Number: 459

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W40

Total time: 1:01:40

Speed: 9.73 km/h

Running performance: 6:10 min/km

Rank in course/Total: 121 (of 135)

Rank in course/Women: 41 (of 50)

Best time in course: 36:31

Rank in category: 10(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	31:09	7:35	10	9:02	41	13:28	4.10	31:09	7:35	10	9:02	17	0:09
Lap 1	1.60	8:53	5:33	6	2:21	28	3:17	5.70	40:02	7:01	10	11:23	17	0:17
Last lap Finish	4.30	21:38	5:01	10	5:26	42	8:24	10.00	1:01:40	6:09	10	16:49	40	25:09