



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Juergens, Peggy

Club: WSV Friedrichsbrunn

Number: 470

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W30

Total time: 1:02:02

Speed: 9.67 km/h

Running performance: 6:12 min/km

Rank in course/Total: 122 (of 135)

Rank in course/Women: 42 (of 50)

Best time in course: 36:31

Rank in category: 6(of 6)

Best time in the category: 36:31

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	Behind Women
Ilsestein	4.10	31:21	7:38	6	13:40	42	13:40	4.10	31:21	7:38	6	13:40	18	0:21
Lap 1	1.60	9:11	5:44	6	3:35	38	3:35	5.70	40:32	7:06	6	17:15	18	0:47
Last lap Finish	4.30	21:30	5:00	6	8:16	41	8:16	10.00	1:02:02	6:12	6	25:31	42	25:31