



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Bolle, Maria

Club: LtV Obereichsfeld

Number: 501

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W45

Total time: 1:02:22

Speed: 9.62 km/h

Running performance: 6:14 min/km

Rank in course/Total: 123 (of 135)

Rank in course/Women: 43 (of 50)

Best time in course: 36:31

Rank in category: 8(of 8)

Best time in the category: 48:56

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	30:59	7:33	7	4:04	39	13:18	4.10	30:59	7:33	7	4:04	19		
Lap 1	1.60	9:56	6:12	7	1:39	45	4:20	5.70	40:55	7:10	7	4:55	19	1:10	
Last lap Finish	4.30	21:27	4:59	6	2:18	40	8:13	10.00	1:02:22	6:14	8	13:26	43	25:51	