



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Wadehn, Martina

Club: Ilseburg

Number: 485

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W20

Total time: 1:02:46

Speed: 9.56 km/h

Running performance: 6:17 min/km

Rank in course/Total: 124 (of 135)

Rank in course/Women: 44 (of 50)

Best time in course: 36:31

Rank in category: 2(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.	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	32:16	7:52	2	1:16	45	14:35	4.10	32:16	7:52	2	1:16	20	1:16
Lap 1	1.60	9:16	5:47	2	0:31	40	3:40	5.70	41:32	7:17	2	1:47	20	1:47
Last lap Finish	4.30	21:14	4:56	1	-	38	8:00	10.00	1:02:46	6:16	2	1:45	44	26:15