



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Spittau, Gabriele

Club: Eschbach

Number: 489

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W35

Total time: 1:03:46

Speed: 9.41 km/h

Running performance: 6:23 min/km

Rank in course/Total: 125 (of 135)

Rank in course/Women: 45 (of 50)

Best time in course: 36:31

Rank in category: 6(of 6)

Best time in the category: 44:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Total	
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Ilsestein	4.10	32:06	7:49	6	10:18	44	14:25	4.10	32:06	7:49	6	10:18	21	1:06	
Lap 1	1.60	9:23	5:51	6	2:30	42	3:47	5.70	41:29	7:16	6	12:48	21	1:44	
Last lap Finish	4.30	22:17	5:10	6	6:50	44	9:03	10.00	1:03:46	6:22	6	19:38	45	27:15	