



# 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.	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	32:06	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