



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Schreinert, Anja

Club: Werder

Number: 484

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W20

Total time: 1:05:23

Speed: 9.18 km/h

Running performance: 6:32 min/km

Rank in course/Total: 127 (of 135)

Rank in course/Women: 47 (of 50)

Best time in course: 36:31

Rank in category: 3(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	32:45	7:59	3	1:45	46	15:04	4.10	32:45	7:59	3	1:45	22	1:45
Lap 1	1.60	10:15	6:24	3	1:30	46	4:39	5.70	43:00	7:32	3	3:15	22	3:15
Last lap Finish	4.30	22:23	5:12	3	1:09	45	9:09	10.00	1:05:23	6:32	3	4:22	47	28:52