



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Hellberg, Heike

Club: Bad Lauterberg

Number: 463

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W40

Total time: 1:08:36

Speed: 8.75 km/h

Running performance: 6:52 min/km

Rank in course/Total: 132 (of 135)

Rank in course/Women: 48 (of 50)

Best time in course: 36:31

Rank in category: 11(of 13)

Best time in the category: 44:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Ilsestein	4.10	34:13	8:20	11	12:06	47	16:32	4.10	34:13	8:20	11	12:06	23	3:13
Lap 1	1.60	10:42	6:41	13	4:10	49	5:06	5.70	44:55	7:52	11	16:16	23	5:10
Last lap Finish	4.30	23:41	5:30	12	7:29	47	10:27	10.00	1:08:36	6:51	11	23:45	48	32:05