



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Hentsch, Anne-Kathrin**

Club: SV Hermsdorf

Number: 464

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W40

Total time: 1:09:08

Speed: 8.68 km/h

Running performance: 6:55 min/km

Rank in course/Total: 133 (of 135)

Rank in course/Women: 49 (of 50)

Best time in course: 36:31

Rank in category: 12(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 ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	35:09	8:34	13	13:02	49	17:28	4.10	35:09	8:34	12	13:02	24	4:09
Lap 1	1.60	10:35	6:36	12	4:03	48	4:59	5.70	45:44	8:01	12	17:05	24	5:59
Last lap Finish	4.30	23:24	5:26	11	7:12	46	10:10	10.00	1:09:08	6:54	12	24:17	49	32:37