



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Reinecke, Kathrin

Club: Ilseburg

Number: 477

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W40

Total time: 1:09:21

Speed: 8.65 km/h

Running performance: 6:56 min/km

Rank in course/Total: 134 (of 135)

Rank in course/Women: 50 (of 50)

Best time in course: 36:31

Rank in category: 13(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	34:54	8:30	12	12:47	48	17:13	4.10	34:54	8:30	13	12:47	25	3:54
Lap 1	1.60	10:25	6:30	11	3:53	47	4:49	5.70	45:19	7:57	13	16:40	25	5:34
Last lap Finish	4.30	24:02	5:35	13	7:50	48	10:48	10.00	1:09:21	6:56	13	24:30	50	32:50