



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Lehmann, Diana

Club: Potsdamer Laufclub E.U.

Number: 497

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W30

Total time: 36:31

Speed: 16.43 km/h

Running performance: 3:39 min/km

Rank in course/Total: 6 (of 135)

Rank in course/Women: 1 (of 50)

Best time in course: 36:31

Rank in category: 1(of 6)

Best time in the category: 36:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	17:41	4:18	1	-	1	-	4.10	17:41	4:18	1	-	38	
Lap 1	1.60	5:36	3:29	1	-	1	-	5.70	23:17	4:05	1	-	38	
Last lap Finish	4.30	13:14	3:04	1	-	1	-	10.00	36:31	3:39	1	-	1	-