



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Menz, Britta

Club: LLG St.Augustin

Number: 19

Course: 27.00 km

Brockenlauf

Category:

Frauen W35

Total time: 2:14:57

Speed: 12.00 km/h

Running performance: 5:00 min/km

Rank in course/Total: 71 (of 403)

Rank in course/Women: 2 (of 48)

Best time in course: 2:13:18

Rank in category: 1(of 11)

Best time in the category: 2:14:57

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|
| | | | | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women |
| Hermannsklippe | 9.00 | 52:13 | 5:48 | 2 | 0:03 | 5 | 1:40 | 9.00 | 52:13 | 5:48 | 1 | - | 26 |
| Brocken | 3.00 | 25:26 | 8:28 | 1 | - | 2 | 0:26 | 12.00 | 1:17:39 | 6:28 | 1 | - | 26 |
| Finish | 15.00 | 57:18 | 3:49 | 1 | - | 1 | - | 27.00 | 2:14:57 | 4:59 | 1 | - | 2 1:39 |