



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Bornhütter, Nicole

Club: Spiridon Frankfurt

Number: 28

Course: 27.00 km

Brockenlauf

Category:

Frauen W40

Total time: 2:20:16

Speed: 11.55 km/h

Running performance: 5:12 min/km

Rank in course/Total: 105 (of 403)

Rank in course/Women: 3 (of 48)

Best time in course: 2:13:18

Rank in category: 1(of 9)

Best time in the category: 2:20:16

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
Hermannsklippe	9.00	53:26	5:56	1	-	6	2:53	9.00	53:26	5:56	1	-	27
Brocken	3.00	25:40	8:33	1	-	5	0:40	12.00	1:19:06	6:35	1	-	27
Finish	15.00	1:01:10	4:04	1	-	3	3:52	27.00	2:20:16	5:11	1	-	3 6:58