



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Staebe, Erika

Club: Braunschweig

Number: 35

Course: 27.00 km

Brockenlauf

Category:

Frauen W45

Total time: 2:22:21

Speed: 11.38 km/h

Running performance: 5:16 min/km

Rank in course/Total: 118 (of 403)

Rank in course/Women: 5 (of 48)

Best time in course: 2:13:18

Rank in category: 2(of 13)

Best time in the category: 2:21:29

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	
Hermannsklippe	9.00	53:59	5:59	3	2:38	7	3:26	9.00	53:59	5:59	2	2:09	29		
Brocken	3.00	25:38	8:32	2	0:38	4	0:38	12.00	1:19:37	6:38	2	2:47	29		
Finish	15.00	1:02:44	4:10	1	-	7	5:26	27.00	2:22:21	5:16	2	0:52	5	9:03	