



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Berke, Sibylle**

Club: NSV Wernigerode

Number: 25

Course: 27.00 km

Brockenlauf

Category:

Frauen W40

Total time: 2:26:43

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 161 (of 403)

Rank in course/Women: 8 (of 48)

Best time in course: 2:13:18

Rank in category: 3(of 9)

Best time in the category: 2:20:16

### 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     | 54:29      | 6:03         | 3           | 1:03        | 9         | 3:56         | 9.00          | 54:29      | 6:03         | 3        | 1:03        | 32        |
| Brocken        | 3.00     | 29:41      | 9:53         | 4           | 4:01        | 16        | 4:41         | 12.00         | 1:24:10    | 7:00         | 3        | 5:04        | 32        |
| Finish         | 15.00    | 1:02:33    | 4:10         | 3           | 1:23        | 6         | 5:15         | 27.00         | 2:26:43    | 5:26         | 3        | 6:27        | 8 13:25   |