



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Brandecker, Yvonne

Club: Harz-Gebirgslauf Wernigerode

Number: 454

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W30

Total time: 41:45

Speed: 14.37 km/h

Running performance: 4:11 min/km

Rank in course/Total: 20 (of 135)

Rank in course/Women: 2 (of 50)

Best time in course: 36:31

Rank in category: 2 (of 6)

Best time in the category: 36:31

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
Ilsestein	4.10	20:52	5:05	2	3:11	2	3:11	4.10	20:52	5:05	2	3:11	27
Lap 1	1.60	6:02	3:46	2	0:26	2	0:26	5.70	26:54	4:43	2	3:37	27
Last lap Finish	4.30	14:51	3:27	2	1:37	2	1:37	10.00	41:45	4:10	2	5:14	2 5:14