



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Stucke, Heidrun

Club: Hemmingen

Number: 36

Course: 27.00 km

Brockenlauf

Category:

Frauen W45

Total time: 2:28:43

Speed: 10.89 km/h

Running performance: 5:31 min/km

Rank in course/Total: 180 (of 403)

Rank in course/Women: 11 (of 48)

Best time in course: 2:13:18

Rank in category: 3(of 13)

Best time in the category: 2:21:29

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 | 55:40 | 6:11 | 4 | 4:19 | 11 | 5:07 | 9.00 | 55:40 | 6:11 | 3 | 3:50 | 35 |
| Brocken | 3.00 | 28:04 | 9:21 | 4 | 3:04 | 12 | 3:04 | 12.00 | 1:23:44 | 6:58 | 3 | 6:54 | 35 |
| Finish | 15.00 | 1:04:59 | 4:19 | 4 | 2:15 | 12 | 7:41 | 27.00 | 2:28:43 | 5:30 | 3 | 7:14 | 11 15:25 |