



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