



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Rheinwald, Dagmar

Club: Berlin
Number: 479

Course: 10.00 km
Ilsesteinlauf

Category:
Frauen W35

Total time: 44:08

Speed: 13.60 km/h
Running performance: 4:25 min/km

Rank in course/Total: 28 (of 135)

Rank in course/Women: 3 (of 50)

Best time in course: 36:31

Rank in category: 1(of 6)

Best time in the category: 44:08

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
Ilsestein	4.10	21:48	5:19	1	-	3	4:07	4.10	21:48	5:19	1	-	28
Lap 1	1.60	6:53	4:18	1	-	4	1:17	5.70	28:41	5:01	1	-	28
Last lap Finish	4.30	15:27	3:35	1	-	3	2:13	10.00	44:08	4:24	1	-	3 7:37