



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

Nota, Kathrin

Number: 406

Course: 27.00 km

Brockenlauf

Category:

Frauen W40

Total time: 2:39:35

Speed: 10.15 km/h

Running performance: 5:55 min/km

Rank in course/Total: 255 (of 403)

Rank in course/Women: 17 (of 48)

Best time in course: 2:13:18

Rank in category: 4(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	59:28	6:36	4	6:02	17	8:55	9.00	59:28	6:36	4	6:02	41
Brocken	3.00	29:24	9:47	3	3:44	13	4:24	12.00	1:28:52	7:24	4	9:46	41
Finish	15.00	1:10:43	4:42	5	9:33	22	13:25	27.00	2:39:35	5:54	4	19:19	17 26:17