



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Albrecht, Frauke

Club: NSV Wernigerode

Number: 450

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W40

Total time: 44:51

Speed: 13.38 km/h

Running performance: 4:29 min/km

Rank in course/Total: 30 (of 135)

Rank in course/Women: 4 (of 50)

Best time in course: 36:31

Rank in category: 1(of 13)

Best time in the category: 44:51

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	22:07	5:23	1	-	5	4:26	4.10	22:07	5:23	1	-	29
Lap 1	1.60	6:32	4:04	1	-	3	0:56	5.70	28:39	5:01	1	-	29
Last lap Finish	4.30	16:12	3:46	1	-	4	2:58	10.00	44:51	4:29	1	-	4 8:20