



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Post, Cornelia

Club: Rodenberg

Number: 27

Course: 27.00 km

Brockenlauf

Category:

Frauen W45

Total time: 2:52:12

Speed: 9.41 km/h

Running performance: 6:23 min/km

Rank in course/Total: 317 (of 403)

Rank in course/Women: 26 (of 48)

Best time in course: 2:13:18

Rank in category: 7(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	1:03:03	7:00	8	11:42	25	12:30	9.00	1:03:03	7:00	7	11:13	2
Brocken	3.00	30:06	10:01	5	5:06	17	5:06	12.00	1:33:09	7:45	7	16:19	2
Finish	15.00	1:19:03	5:16	10	16:19	33	21:45	27.00	2:52:12	6:22	7	30:43	26 38:54