



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Kasimzade-Rücker, Tanja

Club: VfR Wilsche-Neubokel

Number: 42

Course: 27.00 km

Brockenlauf

Category:

Frauen W35

Total time: 3:00:34

Speed: 8.97 km/h

Running performance: 6:41 min/km

Rank in course/Total: 345 (of 403)

Rank in course/Women: 32 (of 48)

Best time in course: 2:13:18

Rank in category: 10(of 11)

Best time in the category: 2:14:57

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 | Behind Women |
| Hermannsklippe | 9.00 | 1:08:59 | 7:39 | 10 | 16:49 | 35 | 18:26 | 9.00 | 1:08:59 | 7:39 | 10 | 16:46 | 8 | |
| Brocken | 3.00 | 35:50 | 11:56 | 10 | 10:24 | 40 | 10:50 | 12.00 | 1:44:49 | 8:44 | 10 | 27:10 | 8 | 0:09 |
| Finish | 15.00 | 1:15:45 | 5:02 | 10 | 18:27 | 29 | 18:27 | 27.00 | 3:00:34 | 6:41 | 10 | 45:37 | 32 | 47:16 |