



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Seemann-Block, Ilsemarie

Club: SV Langenstein

Number: 32

Course: 27.00 km

Brockenlauf

Category:

Frauen W50

Total time: 3:13:57

Speed: 8.35 km/h

Running performance: 7:11 min/km

Rank in course/Total: 384 (of 403)

Rank in course/Women: 43 (of 48)

Best time in course: 2:13:18

Rank in category: 8(of 11)

Best time in the category: 2:39:57

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	Behind Women	
Hermannsklippe	9.00	1:10:45	7:51	6	10:21	40	20:12	9.00	1:10:45	7:51	8	10:21	19		
Brocken	3.00	37:23	12:27	7	7:00	42	12:23	12.00	1:48:08	9:00	8	17:21	19	3:28	
Finish	15.00	1:25:49	5:43	8	16:39	42	28:31	27.00	3:13:57	7:10	8	34:00	43	1:00:39	