



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Adolf, Silke

Club: Blau Weiß Hettstedt
Number: 3

Course: 27.00 km
Brockenlauf

Category:
Frauen W45

Total time: 3:17:02

Speed: 8.22 km/h
Running performance: 7:18 min/km

Rank in course/Total: 387 (of 403)

Rank in course/Women: 45 (of 48)

Best time in course: 2:13:18

Rank in category: 13(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	Behind Women
Hermannsklippe	9.00	1:09:48	7:45	11	18:27	38	19:15	9.00	1:09:48	7:45	13	17:58	21	
Brocken	3.00	38:33	12:50	13	13:33	45	13:33	12.00	1:48:21	9:01	13	31:31	21	3:41
Finish	15.00	1:28:41	5:54	12	25:57	44	31:23	27.00	3:17:02	7:17	13	55:33	45	1:03:44