



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Westermann, Sylvia

Club: Brietlingen

Number: 40

Course: 27.00 km

Brockenlauf

Category:

Frauen W40

Total time: 3:28:00

Speed: 7.79 km/h

Running performance: 7:42 min/km

Rank in course/Total: 392 (of 403)

Rank in course/Women: 47 (of 48)

Best time in course: 2:13:18

Rank in category: 9(of 9)

Best time in the category: 2:20:16

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	1:16:20	8:28	9	22:54	46	25:47	9.00	1:16:20	8:28	9	22:54	23	5:13
Brocken	3.00	39:05	13:01	9	13:25	47	14:05	12.00	1:55:25	9:37	9	36:19	23	10:45
Finish	15.00	1:32:35	6:10	9	31:25	47	35:17	27.00	3:28:00	7:42	9	1:07:44	47	1:14:42