



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Hackbarth, Annett

Club: Rot-Weiß Abbenrode

Number: 462

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W40

Total time: 47:58

Speed: 12.51 km/h

Running performance: 4:48 min/km

Rank in course/Total: 44 (of 135)

Rank in course/Women: 5 (of 50)

Best time in course: 36:31

Rank in category: 2(of 13)

Best time in the category: 44:51

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	
Ilsestein	4.10	24:11	5:53	2	2:04	6	6:30	4.10	24:11	5:53	2	2:04	30		
Lap 1	1.60	7:01	4:23	2	0:29	5	1:25	5.70	31:12	5:28	2	2:33	30		
Last lap Finish	4.30	16:46	3:53	2	0:34	5	3:32	10.00	47:58	4:47	2	3:07	5	11:27	