



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Heinicke, Karola

Club: LG Osterwieck

Number: 615

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W45

Total time: 48:56

Speed: 12.26 km/h

Running performance: 4:53 min/km

Rank in course/Total: 49 (of 135)

Rank in course/Women: 6 (of 50)

Best time in course: 36:31

Rank in category: 1(of 8)

Best time in the category: 48:56

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	fehlt!	-	-	-	-	-	4.10	-	-	-	-	-	-
Lap 1	1.60	fehlt!	-	-	-	-	-	5.70	-	-	-	-	-	-
Last lap Finish	4.30	48:56	11:22	8	29:47	50	35:42	10.00	48:56	4:53	1	-	6	12:25