



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Korzonnek, Susann

Club: NSV Wernigerode

Number: 471

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W40

Total time: 49:00

Speed: 12.24 km/h

Running performance: 4:54 min/km

Rank in course/Total: 50 (of 135)

Rank in course/Women: 7 (of 50)

Best time in course: 36:31

Rank in category: 3(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	24:24	5:57	3	2:17	7	6:43	4.10	24:24	5:57	3	2:17	31		
Lap 1	1.60	7:10	4:28	3	0:38	6	1:34	5.70	31:34	5:32	3	2:55	31		
Last lap Finish	4.30	17:26	4:03	3	1:14	7	4:12	10.00	49:00	4:54	3	4:09	7	12:29	