



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Heise, Ruth

Club: MSV Eintracht HBS

Number: 507

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W60

Total time: 49:24

Speed: 12.15 km/h

Running performance: 4:56 min/km

Rank in course/Total: 52 (of 135)

Rank in course/Women: 8 (of 50)

Best time in course: 36:31

Rank in category: 1(of 1)

Best time in the category: 49:24

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	24:52	6:03	1	-	8	7:11	4.10	24:52	6:03	1	-	33		
Lap 1	1.60	7:45	4:50	1	-	9	2:09	5.70	32:37	5:43	1	-	33		
Last lap Finish	4.30	16:47	3:54	1	-	6	3:33	10.00	49:24	4:56	1	-	8	12:53	