



## 40. Brockenlauf 2010

Ilsenburg / 04.09.2010

### Detailed evaluation

Rißmann, Laureen

Club: GS Prinzess Ilse Ilsenburg

Number: 800

Course: 1.80 km

Nachwuchsstraßenlauf

Category:

weibliche Schüler C

Total time: 9:56

Speed: 6.04 km/h

Running performance: 5:31 min/km

Rank in course/Total: 109 (of 152)

Rank in course/Women: 52 (of 75)

Best time in course: 6:53

Rank in category: 18(of 22)

Best time in the category: 7:04