



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Eggert, Katrin

Club: NSV Wernigerode

Number: 457

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W40

Total time: 51:48

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 61 (of 135)

Rank in course/Women: 9 (of 50)

Best time in course: 36:31

Rank in category: 4(of 13)

Best time in the category: 44:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking					
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Ilsestein	4.10	25:39	6:15	4	3:32	11	7:58	4.10	25:39	6:15	4	3:32	34
Lap 1	1.60	7:54	4:56	4	1:22	11	2:18	5.70	33:33	5:53	4	4:54	34
Last lap Finish	4.30	18:15	4:14	4	2:03	12	5:01	10.00	51:48	5:10	4	6:57	9 15:17