



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Eyermann, Heike

Club: LG Streitholz

Number: 458

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W35

Total time: 52:37

Speed: 11.40 km/h

Running performance: 5:16 min/km

Rank in course/Total: 65 (of 135)

Rank in course/Women: 10 (of 50)

Best time in course: 36:31

Rank in category: 2(of 6)

Best time in the category: 44:08

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	26:31	6:28	2	4:43	12	8:50	4.10	26:31	6:28	2	4:43	35		
Lap 1	1.60	7:53	4:55	2	1:00	10	2:17	5.70	34:24	6:02	2	5:43	35		
Last lap Finish	4.30	18:13	4:14	2	2:46	11	4:59	10.00	52:37	5:15	2	8:29	10	16:06	