



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Gerlach, Nicole

Club: NSV Wernigerode

Number: 486

Course: 10.00 km

Ilsesteinlauf

Category:

weibliche Schüler A

Total time: 52:37

Speed: 11.40 km/h

Running performance: 5:16 min/km

Rank in course/Total: 67 (of 135)

Rank in course/Women: 12 (of 50)

Best time in course: 36:31

Rank in category: 1(of 2)

Best time in the category: 52:37

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
Ilsestein	4.10	25:31	6:13	2	3:31	9	7:50	4.10	25:31	6:13	2	3:31	36
Lap 1	1.60	7:35	4:44	1	-	8	1:59	5.70	33:06	5:48	2	3:01	37
Last lap Finish	4.30	19:31	4:32	1	-	22	6:17	10.00	52:37	5:15	1	-	10 16:06