



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Finke, Verena

Club: Team Intel

Number: 498

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W30

Total time: 52:58

Speed: 11.33 km/h

Running performance: 5:18 min/km

Rank in course/Total: 68 (of 135)

Rank in course/Women: 13 (of 50)

Best time in course: 36:31

Rank in category: 3(of 6)

Best time in the category: 36:31

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	27:15	6:38	4	9:34	18	9:34	4.10	27:15	6:38	3	9:34	26
Lap 1	1.60	8:14	5:08	4	2:38	17	2:38	5.70	35:29	6:13	3	12:12	26
Last lap Finish	4.30	17:29	4:03	3	4:15	8	4:15	10.00	52:58	5:17	3	16:27	13 16:27