



40. Brockenlauf 2010

Ilsenburg / 04.09.2010

Detailed evaluation

Goedecke, Christel

Club: Brockenlaufv. 1927 Ilsenburg

Number: 461

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W50

Total time: 54:10

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 77 (of 135)

Rank in course/Women: 16 (of 50)

Best time in course: 36:31

Rank in category: 2(of 5)

Best time in the category: 53:30

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	27:09	6:37	1	-	15	9:28	4.10	27:09	6:37	1	-	40
Lap 1	1.60	8:03	5:01	1	-	13	2:27	5.70	35:12	6:10	1	-	40
Last lap Finish	4.30	18:58	4:24	3	0:47	15	5:44	10.00	54:10	5:24	2	0:40	16 17:39