



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Janeck, Christine

Club: Volkslaufgem. 1991 Magdeburg

Number: 468

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W50

Total time: 54:29

Speed: 11.01 km/h

Running performance: 5:27 min/km

Rank in course/Total: 78 (of 135)

Rank in course/Women: 17 (of 50)

Best time in course: 36:31

Rank in category: 3(of 5)

Best time in the category: 53:30

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	27:31	6:42	3	0:22	20	9:50	4.10	27:31	6:42	3	0:22	42		
Lap 1	1.60	8:16	5:10	3	0:13	18	2:40	5.70	35:47	6:16	3	0:35	42		
Last lap Finish	4.30	18:42	4:20	2	0:31	14	5:28	10.00	54:29	5:26	3	0:59	17	17:58	