



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Breithaupt, Christel

Club: Bad Segeberg

Number: 455

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W55

Total time: 54:44

Speed: 10.96 km/h

Running performance: 5:28 min/km

Rank in course/Total: 79 (of 135)

Rank in course/Women: 18 (of 50)

Best time in course: 36:31

Rank in category: 1(of 2)

Best time in the category: 54:44

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	26:45	6:31	1	-	13	9:04	4.10	26:45	6:31	1	-	43	
Lap 1	1.60	8:43	5:26	2	0:11	24	3:07	5.70	35:28	6:13	1	-	43	
Last lap Finish	4.30	19:16	4:28	1	-	18	6:02	10.00	54:44	5:28	1	-	18	18:13