



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Zipper, Karin

Club: SV Sparkasse Hannover

Number: 482

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W45

Total time: 55:21

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 81 (of 135)

Rank in course/Women: 19 (of 50)

Best time in course: 36:31

Rank in category: 2(of 8)

Best time in the category: 48:56

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	26:55	6:33	1	-	14	9:14	4.10	26:55	6:33	1	-	44
Lap 1	1.60	9:05	5:40	6	0:48	34	3:29	5.70	36:00	6:18	1	-	44
Last lap Finish	4.30	19:21	4:30	2	0:12	19	6:07	10.00	55:21	5:32	2	6:25	19 18:50