



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Hertel, Grit**

Club: VS Eisenhüttenstadt

Number: 465

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W45

Total time: 56:26

Speed: 10.63 km/h

Running performance: 5:38 min/km

Rank in course/Total: 84 (of 135)

Rank in course/Women: 20 (of 50)

Best time in course: 36:31

Rank in category: 3(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	28:11	6:52	2	1:16	21	10:30	4.10	28:11	6:52	2	1:16	45
Lap 1	1.60	8:37	5:23	2	0:20	22	3:01	5.70	36:48	6:27	2	0:48	45
Last lap Finish	4.30	19:38	4:33	3	0:29	24	6:24	10.00	56:26	5:38	3	7:30	20 19:55