



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Bonitz, Saskia

Club: Clausthal

Number: 496

Course: 10.00 km

Ilsesteinlauf

Category:

Frauen W30

Total time: 56:33

Speed: 10.61 km/h

Running performance: 5:40 min/km

Rank in course/Total: 85 (of 135)

Rank in course/Women: 21 (of 50)

Best time in course: 36:31

Rank in category: 5(of 6)

Best time in the category: 36:31

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	27:15	6:38	4	9:34	18	9:34	4.10	27:15	6:38	3	9:34	26
Lap 1	1.60	8:22	5:13	5	2:46	20	2:46	5.70	35:37	6:14	5	12:20	46
Last lap Finish	4.30	20:56	4:52	5	7:42	35	7:42	10.00	56:33	5:39	5	20:02	21 20:02