



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Portwig, Jennifer

Club: Goslar
Number: 534

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 52:52

Speed: 10.21 km/h
Running performance: 5:31 min/km

Rank in course/Total: 72 (of 170)
Rank in course/Women: 15 (of 59)
Best time in course: 40:00

Rank in category: 3(of 3)
Best time in the category: 42:38

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	27:05	6:36	3	6:05	15	7:05	4.10	27:05	6:36	3	6:05	45
Loddenke	2.20	10:19	4:41	3	1:56	14	2:31	6.30	37:24	5:56	3	8:01	45
Ilseburg/Markt	3.30	15:28	4:41	3	2:18	15	3:19	9.60	52:52	5:30	3	10:14	15 12:52