



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Zecha, Janine

Club: Braunschweig  
Number: 653

Course: 9.60 km  
9,6 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 59:59

Speed: 9.00 km/h  
Running performance: 6:15 min/km

Rank in course/Total: 128 (of 170)

Rank in course/Women: 38 (of 59)

Best time in course: 40:00

Rank in category: 5(of 11)

Best time in the category: 40:00

Intermediate times

Stage score

Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|
|                |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women |
| Ilsestein      | 4.10        | 28:55         | 7:03            | 5           | 8:52           | 30           | 8:55            | 4.10          | 28:55         | 7:03            | 5           | 8:52           | 8            |
| Loddenke       | 2.20        | 13:01         | 5:55            | 9           | 5:13           | 48           | 5:13            | 6.30          | 41:56         | 6:39            | 5           | 14:05          | 8            |
| Ilseburg/Markt | 3.30        | 18:03         | 5:28            | 8           | 5:54           | 40           | 5:54            | 9.60          | 59:59         | 6:14            | 5           | 19:59          | 38 19:59     |