



43. Brockenlauf
Ilsenburg / 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: 9.60 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 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	28:55	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
Ilsenburg/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