



43. Brockenlauf  
Ilsenburg / 07.09.2013

Detailed evaluation

Koch, Jördis

Club: KSC Strausberg  
Number: 579

Course: 9.60 km  
9,6 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 40:00

Speed: 13.50 km/h  
Running performance: 4:10 min/km

Rank in course/Total: 9 (of 170)

Rank in course/Women: 1 (of 59)

Best time in course: 40:00

Rank in category: 1(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	20:03	4:53	1	-	2	0:03	4.10	20:03	4:53	1	-	46
Loddenke	2.20	7:48	3:32	1	-	1	-	6.30	27:51	4:25	1	-	46
Ilsenburg/Markt	3.30	12:09	3:40	1	-	1	-	9.60	40:00	4:10	1	-	1