



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Pempe, Jenniffer

Club: Bernauer Lauffreunde
Number: 726

Course: 9.60 km
9,6 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 58:50

Speed: 9.18 km/h
Running performance: 6:08 min/km

Rank in course/Total: 141 (of 193)

Rank in course/Women: 33 (of 57)

Best time in course: 41:44

Rank in category: 5(of 6)

Best time in the category: 42:39

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	Behind Women
Loddenke	6.30	43:09	6:50	5	13:15	43	14:25	6.30	43:09	6:50	5	13:15	43	14:25
Ilseburg/Markt	3.30	15:41	4:45	5	2:56	19	2:56	9.60	58:50	6:07	5	16:11	33	17:06