



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Sander, Jessica

Club: LAV 07 Bad Harzburg  
Number: 760

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 54:21

Speed: 9.94 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 85 (of 169)

Rank in course/Women: 25 (of 68)

Best time in course: 40:17

Rank in category: 5(of 12)

Best time in the category: 44:41

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
Ilsestein	4.10	26:54	6:33	5	4:52	23	6:16	4.10	26:54	6:33	5	4:52	23	6:16
Loddenke	2.20	10:57	4:58	5	2:04	27	3:06	6.30	37:51	6:00	5	6:56	23	9:22
Ilseburg/Markt	3.30	16:30	5:00	6	2:44	33	4:42	9.60	54:21	5:39	5	9:40	25	14:04