



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Pourfard, Jasmin

Club: Hildesheim
Number: 691

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 57:08

Speed: 9.45 km/h
Running performance: 5:57 min/km

Rank in course/Total: 104 (of 169)

Rank in course/Women: 32 (of 68)

Best time in course: 40:17

Rank in category: 2(of 7)

Best time in the category: 56:55

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	28:43	7:00	1	-	30	8:05	4.10	28:43	7:00	1	-	30	8:05
Loddenke	2.20	12:12	5:32	3	1:19	46	4:21	6.30	40:55	6:29	3	0:04	36	12:26
Ilseburg/Markt	3.30	16:13	4:54	2	0:12	28	4:25	9.60	57:08	5:57	2	0:13	32	16:51