



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Jackisch, Meike

Club: WSV 21 Wolfenbüttel
Number: 644

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 59:21

Speed: 9.71 km/h
Running performance: 6:11 min/km

Rank in course/Total: 119 (of 169)

Rank in course/Women: 41 (of 68)

Best time in course: 40:17

Rank in category: 5(of 5)

Best time in the category: 43:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	km	Time	min/km				
Ilsestein	4.10	31:00	7:33	5	9:20	47	10:22	4.10	31:00	7:33	5	9:20	47	10:22			
Loddenke	2.20	11:56	5:25	4	3:35	43	4:05	6.30	42:56	6:48	5	12:55	45	14:27			
Ilseburg/Markt	3.30	16:25	4:58	5	3:09	31	4:37	9.60	59:21	6:10	5	16:04	41	19:04			