



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Michel, Laura

Club: TG TriZack Rostock  
Number: 278

Course: 26.20 km  
26,2 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 2:06:07

Speed: 12.46 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 25 (of 418)

Rank in course/Women: 2 (of 82)

Best time in course: 2:03:06

Rank in category: 1(of 8)

Best time in the category: 2:06:07

| Intermediate times |          |            |              | Stage score |             |           |              | Total ranking |            |              |          |             |           |              |
|--------------------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| Control            | Split km | Split Time | Split min/km | Pos Cat.    | Behind Cat. | Pos Women | Behind Women | Total km      | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Loddenke           | 3.30     | 14:53      | 4:30         | 1           | -           | 1         | -            | 3.30          | 14:53      | 4:30         | 1        | -           | 1         | -            |
| Schlüsie           | 3.10     | 17:15      | 5:33         | 1           | -           | 3         | 0:56         | 6.40          | 32:08      | 5:01         | 1        | -           | 2         | 0:56         |
| Hermannsklippe     | 2.60     | 15:05      | 5:48         | 1           | -           | 2         | 0:40         | 9.00          | 47:13      | 5:14         | 1        | -           | 2         | 1:36         |
| Brocken            | 3.10     | 24:50      | 8:00         | 1           | -           | 3         | 2:00         | 12.10         | 1:12:03    | 5:57         | 1        | -           | 3         | 3:36         |
| Eiserner Handwe    | 3.60     | 15:07      | 4:11         | 2           | 0:03        | 3         | 0:04         | 15.70         | 1:27:10    | 5:33         | 1        | -           | 2         | 3:40         |
| Schlüsie           | 4.10     | 14:09      | 3:27         | 2           | 0:13        | 3         | 0:13         | 19.80         | 1:41:19    | 5:07         | 1        | -           | 2         | 2:58         |
| Loddenke           | 3.10     | 11:44      | 3:47         | 1           | -           | 1         | -            | 22.90         | 1:53:03    | 4:56         | 1        | -           | 1         | -            |
| Ilseburg/Markt     | 3.30     | 13:04      | 3:57         | 1           | -           | 1         | -            | 26.20         | 2:06:07    | 4:48         | 1        | -           | 2         | 3:01         |