



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: 12.37 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