



52. Brockenlauf Ilseburg / 02.09.2023

Detailed evaluation

Michel, Laura

Club: TG triZack Rostock
Number: 294

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 2:03:43

Speed: 12.61 km/h
Running performance: 4:43 min/km

Rank in course/Total: 24 (of 537)

Rank in course/Women: 2 (of 97)

Best time in course: 2:02:52

Rank in category: 1(of 10)

Best time in the category: 2:03:43

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	14:59	4:32	1	-	1	-	3.30	14:59	4:32	1	-	1	-
Schlüsse	3.10	16:55	5:27	1	-	3	0:11	6.40	31:54	4:59	1	-	1	-
Hermannsklippe	2.60	14:53	5:43	1	-	3	0:27	9.00	46:47	5:11	1	-	2	0:02
Brocken	3.10	24:25	7:52	1	-	4	1:44	12.10	1:11:12	5:53	1	-	4	1:46
Eiserner Handweg	3.60	14:21	3:59	1	-	1	-	15.70	1:25:33	5:26	1	-	2	1:09
Schlüsse	4.10	13:30	3:17	1	-	1	-	19.80	1:39:03	5:00	1	-	2	0:02
Loddenke	3.10	11:35	3:44	1	-	3	0:19	22.90	1:50:38	4:49	1	-	2	0:21
Ilseburg/Markt	3.30	13:05	3:57	2	0:03	4	0:30	26.20	2:03:43	4:43	1	-	2	0:51