



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Flanz, Carina

Club: Bad Bramstedt  
Number: 116

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 3:08:48

Speed: 8.26 km/h  
Running performance: 7:13 min/km

Rank in course/Total: 448 (of 537)

Rank in course/Women: 68 (of 97)

Best time in course: 2:02:52

Rank in category: 9(of 16)

Best time in the category: 2:29:41

| 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     | 22:23      | 6:46         | 8           | 5:29        | 66        | 7:24         | 3.30          | 22:23      | 6:46         | 8        | 5:29        | 66        | 7:24         |
| Schlüsie           | 3.10     | 24:50      | 8:00         | 10          | 5:07        | 66        | 8:06         | 6.40          | 47:13      | 7:22         | 10       | 10:36       | 68        | 15:19        |
| Hermannsklippe     | 2.60     | 21:47      | 8:22         | 8           | 4:07        | 61        | 7:21         | 9.00          | 1:09:00    | 7:40         | 9        | 14:43       | 64        | 22:15        |
| Brocken            | 3.10     | 35:22      | 11:24        | 7           | 7:06        | 52        | 12:41        | 12.10         | 1:44:22    | 8:37         | 9        | 21:49       | 61        | 34:56        |
| Eiserner Handwe    | 3.60     | 25:19      | 7:01         | 13          | 7:39        | 87        | 10:58        | 15.70         | 2:09:41    | 8:15         | 10       | 28:29       | 66        | 45:17        |
| Schlüsie           | 4.10     | 24:14      | 5:54         | 13          | 6:13        | 88        | 10:44        | 19.80         | 2:33:55    | 7:46         | 10       | 34:34       | 72        | 54:54        |
| Loddenke           | 3.10     | 17:32      | 5:39         | 9           | 3:38        | 71        | 6:16         | 22.90         | 2:51:27    | 7:29         | 10       | 37:43       | 71        | 1:01:10      |
| Ilseburg/Markt     | 3.30     | 17:21      | 5:15         | 7           | 2:09        | 40        | 4:46         | 26.20         | 3:08:48    | 7:12         | 9        | 39:07       | 68        | 1:05:56      |