



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Müller, Holger

Club: Braunschweig  
Number: 184

Course: 26.20 km  
Brockenlauf

Category:  
Männer M30

Total time: 2:00:20

Speed: 12.96 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 10 (of 370)

Rank in course/Men: 10 (of 317)

Best time in course: 1:45:06

Rank in category: 1(of 23)

Best time in the category: 2:00:20

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	13:47	4:10	1	-	6	0:45	3.30	13:47	4:10	13		9	0:44
Schlüsie	3.10	15:45	5:04	1	-	7	1:50	6.40	29:32	4:36	13		10	2:04
Hermannsklippe	2.60	13:12	5:04	1	-	7	1:30	9.00	42:44	4:44	13		10	3:12
Brocken	3.10	22:10	7:09	1	-	9	3:09	12.10	1:04:54	5:21	13		10	4:56
Eiserner Handwe	3.60	15:01	4:10	3	0:23	20	2:33	15.70	1:19:55	5:05	13		10	7:29
Schlüsie	4.00	14:27	3:36	4	1:46	33	3:14	19.70	1:34:22	4:47	13		10	10:43
Loddenke	3.20	12:40	3:57	3	0:04	25	2:16	22.90	1:47:02	4:40	13		10	12:59
Ilseburg/Markt	3.30	13:18	4:01	1	-	21	2:15	26.20	2:00:20	4:35	1	-	10	15:14