



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Müller, Benno

Club: Lübeck  
Number: 103

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 3:16:31

Speed: 7.94 km/h  
Running performance: 7:30 min/km

Rank in course/Total: 404 (of 426)

Rank in course/Men: 354 (of 371)

Best time in course: 1:42:20

Rank in category: 46(of 47)

Best time in the category: 1:49:50

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	22:17	6:45	46	8:41	349	9:51	3.30	22:17	6:45	23	2:32	355	9:51
Schlüsie	3.10	25:13	8:08	46	10:06	354	11:47	6.40	47:30	7:25	23	7:03	355	21:38
Hermannsklippe	2.60	26:20	10:07	46	13:22	370	14:35	9.00	1:13:50	8:12	23	14:44	355	36:13
Brocken	3.10	34:30	11:07	46	14:46	326	16:24	12.10	1:48:20	8:57	23	19:35	355	52:37
Eiserner Handwe	3.60	26:11	7:16	46	13:19	360	14:13	15.70	2:14:31	8:34	23	25:57	355	1:06:08
Schlüsie	4.10	24:06	5:52	45	11:46	354	12:10	19.80	2:38:37	8:00	23	32:28	355	1:17:39
Loddenke	3.10	18:00	5:48	44	7:03	334	7:47	22.90	2:56:37	7:42	23	35:39	355	1:25:26
Ilseburg/Markt	3.30	19:54	6:01	44	8:03	338	8:45	26.20	3:16:31	7:30	46	1:26:41	354	1:34:11