



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Müller, Michael

Club: Handballverein Ilseburg
Number: 614

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 59:29

Speed: 9.08 km/h
Running performance: 6:12 min/km

Rank in course/Total: 125 (of 170)

Rank in course/Men: 89 (of 111)

Best time in course: 33:31

Rank in category: 11(of 14)

Best time in the category: 45:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	29:55	7:17	12	6:58	90	13:32	4.10	29:55	7:17	11	6:58	87	13:14
Loddenke	2.20	11:34	5:15	11	2:42	80	5:00	6.30	41:29	6:35	11	9:40	87	18:14
Ilseburg/Markt	3.30	18:00	5:27	11	4:27	92	7:47	9.60	59:29	6:11	11	13:57	89	25:58