



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Müller, Holger

Club: Braunschweig
Number: 239

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:08:36

Speed: 12.13 km/h
Running performance: 4:55 min/km

Rank in course/Total: 32 (of 456)

Rank in course/Men: 32 (of 399)

Best time in course: 1:39:03

Rank in category: 4(of 39)

Best time in the category: 1:50:24

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	14:14	4:18	2	0:22	13	1:43	3.30	14:14	4:18	24		32	1:39
Schlüsie	3.10	16:37	5:21	5	1:34	31	3:15	6.40	30:51	4:49	24		32	4:51
Hermannsklippe	2.60	14:48	5:41	5	1:46	33	3:15	9.00	45:39	5:04	24		32	7:59
Brocken	3.10	26:00	8:23	10	5:28	65	7:59	12.10	1:11:39	5:55	24		32	15:35
Eiserner Handwe	3.60	15:44	4:22	8	2:48	45	3:41	15.70	1:27:23	5:33	24		32	19:13
Schlüsie	4.10	14:55	3:38	6	2:36	39	3:57	19.80	1:42:18	5:10	24		32	23:10
Loddenke	3.10	12:30	4:01	5	1:58	35	3:06	22.90	1:54:48	5:00	24		32	26:16
Ilseburg/Markt	3.30	13:48	4:10	5	1:40	39	3:17	26.20	2:08:36	4:54	4	18:12	32	29:33