



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      |