



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Müller, Benno

Club: Lübeck
Number: 439

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:27:42

Speed: 7.51 km/h
Running performance: 7:56 min/km

Rank in course/Total: 428 (of 456)

Rank in course/Men: 376 (of 399)

Best time in course: 1:39:03

Rank in category: 37(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	23:23	7:05	37	9:31	379	10:52	3.30	23:23	7:05	18	1:00	376	10:48
Schlüsie	3.10	25:15	8:08	37	10:12	366	11:53	6.40	48:38	7:35	18	2:48	376	22:38
Hermannsklippe	2.60	27:33	10:35	38	14:31	390	16:00	9.00	1:16:11	8:27	18	9:41	376	38:31
Brocken	3.10	35:35	11:28	33	15:03	307	17:34	12.10	1:51:46	9:14	18	11:07	376	55:42
Eiserner Handwe	3.60	30:50	8:33	39	17:54	392	18:47	15.70	2:22:36	9:04	18	20:02	376	1:14:26
Schlüsie	4.10	24:05	5:52	35	11:46	357	13:07	19.80	2:46:41	8:25	18	24:25	376	1:27:33
Loddenke	3.10	20:34	6:38	34	10:02	366	11:10	22.90	3:07:15	8:10	18	28:22	376	1:38:43
Ilseburg/Markt	3.30	20:27	6:11	32	8:19	327	9:56	26.20	3:27:42	7:55	37	1:37:18	376	1:48:39