



44. Brockenlauf

Ilseburg / 06.09.2014

Detailed evaluation

Müller, Holger

Club: Braunschweig
Number: 299

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:08:37

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

Rank in course/Total: 27 (of 492)

Rank in course/Men: 26 (of 415)

Best time in course: 1:38:33

Rank in category: 2(of 36)

Best time in the category: 1:58:41

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	14:21	4:20	2	0:01	13	2:29	3.30	14:21	4:20	20		17	
Schlüsie	3.10	16:31	5:19	2	0:33	24	3:33	6.40	30:52	4:49	20		26	6:02
Hermannsklippe	2.60	15:12	5:50	4	1:10	34	3:41	9.00	46:04	5:07	20		26	9:43
Brocken	3.10	24:33	7:55	5	3:02	36	6:43	12.10	1:10:37	5:50	20		26	16:26
Eiserner Handwe	3.60	15:24	4:16	2	0:48	31	3:22	15.70	1:26:01	5:28	20		26	19:48
Schlüsie	4.10	15:47	3:50	3	1:48	57	4:17	19.80	1:41:48	5:08	20		26	24:05
Loddenke	3.10	12:46	4:07	4	1:13	50	2:56	22.90	1:54:34	5:00	20		26	27:01
Ilseburg/Markt	3.30	14:03	4:15	3	1:21	42	5:31	26.20	2:08:37	4:54	2	9:56	26	30:04