



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Lüling, Holger

Club: Spartakus Iserlohn  
Number: 89

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:37:16

Speed: 9.92 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 208 (of 492)

Rank in course/Men: 189 (of 415)

Best time in course: 1:38:33

Rank in category: 33(of 67)

Best time in the category: 1:51:23

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	21:40	6:33	61	7:57	348	9:48	3.30	21:40	6:33	23	1:10	195	2:04
Schlüsie	3.10	22:34	7:16	55	7:52	317	9:36	6.40	44:14	6:54	27	3:12	194	19:24
Hermannsklippe	2.60	19:07	7:21	45	6:22	236	7:36	9.00	1:03:21	7:02	27	4:11	194	27:00
Brocken	3.10	29:28	9:30	29	9:24	166	11:38	12.10	1:32:49	7:40	27	5:41	194	38:38
Eiserner Handwe	3.60	18:26	5:07	33	5:03	181	6:24	15.70	1:51:15	7:05	27	3:49	194	45:02
Schlüsie	4.10	16:54	4:07	19	3:56	117	5:24	19.80	2:08:09	6:28	27	1:38	194	50:26
Loddenke	3.10	13:48	4:27	18	3:02	99	3:58	22.90	2:21:57	6:11	27	0:04	194	54:24
Ilseburg/Markt	3.30	15:19	4:38	22	3:22	115	6:47	26.20	2:37:16	6:00	33	45:53	196	58:43