



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Müller, Holger

Club: Braunschweig
Number: 351

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:59:34

Speed: 13.05 km/h
Running performance: 4:34 min/km

Rank in course/Total: 20 (of 581)

Rank in course/Men: 20 (of 475)

Best time in course: 1:39:32

Rank in category: 3(of 67)

Best time in the category: 1:39:32

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	14:26	4:22	3	1:21	15	1:22	3.30	14:26	4:22	3	1:21	15	1:22
Schlüsie	3.10	16:00	5:09	3	2:22	23	2:22	6.40	30:26	4:45	3	3:43	22	3:43
Hermannsklippe	2.60	13:45	5:17	3	2:21	20	2:21	9.00	44:11	4:54	3	6:04	22	6:04
Brocken	3.10	22:22	7:12	4	4:19	20	4:19	12.10	1:06:33	5:30	3	10:23	20	10:23
Eiserner Handwe	3.60	14:47	4:06	4	2:55	27	2:55	15.70	1:21:20	5:10	3	13:18	19	13:18
Schlüsie	4.10	14:04	3:25	4	2:30	24	2:30	19.80	1:35:24	4:49	3	15:48	19	15:48
Loddenke	3.10	11:26	3:41	4	2:07	18	2:07	22.90	1:46:50	4:39	3	17:55	19	17:55
Ilseburg/Markt	3.30	12:44	3:51	3	2:07	22	2:07	26.20	1:59:34	4:33	3	20:02	20	20:02