



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Müller, Holger

Club: Braunschweig  
Number: 319

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:07:34

Speed: 12.23 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 38 (of 467)

Rank in course/Men: 37 (of 387)

Best time in course: 1:40:22

Rank in category: 6(of 59)

Best time in the category: 1:47:09

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	15:11	4:36	8	1:31	27	2:40	3.30	15:11	4:36	60	1:31	388	2:40
Schlüsie	3.10	16:47	5:24	8	2:15	33	3:43	6.40	31:58	4:59	60	3:46	388	6:22
Hermannsklippe	2.60	14:44	5:39	8	2:04	35	3:23	9.00	46:42	5:11	60	5:50	388	9:45
Brocken	3.10	23:55	7:42	8	4:02	40	6:08	12.10	1:10:37	5:50	60	9:41	388	15:53
Eiserner Handwe	3.60	15:16	4:14	6	2:28	36	2:56	15.70	1:25:53	5:28	60	12:09	388	18:48
Schlüsie	4.10	15:14	3:42	12	3:06	57	3:38	19.80	1:41:07	5:06	60	15:15	104	22:02
Loddenke	3.10	12:42	4:05	11	2:34	61	2:47	22.90	1:53:49	4:58	60	17:49	384	24:38
Ilseburg/Markt	3.30	13:45	4:10	11	2:36	54	2:57	26.20	2:07:34	4:52	6	20:25	37	27:12