



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Benter, Christoph**

Club: Göttingen

Number: 118

Course: 27.00 km

Brockenlauf

Category:

Männer M55

Total time: 2:44:17

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 279 (of 403)

Rank in course/Men: 258 (of 355)

Best time in course: 1:44:00

Rank in category: 19(of 26)

Best time in the category: 2:04:40

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hermannsklippe	9.00	58:51	6:32	13	14:05	228	19:43	9.00	58:51	6:32	8		258	19:43
Brocken	3.00	27:43	9:14	7	4:21	148	8:56	12.00	1:26:34	7:12	8		258	28:12
Finish	15.00	1:17:43	5:10	22	23:55	301	32:05	27.00	2:44:17	6:05	19	39:37	258	1:00:17