



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Benter, Christoph

Club: Göttingen

Number: 206

Course: 26.20 km

Brockenlauf

Category:

Männer M55

Total time: 3:18:25

Speed: 7.86 km/h

Running performance: 7:34 min/km

Rank in course/Total: 323 (of 370)

Rank in course/Men: 280 (of 317)

Best time in course: 1:45:06

Rank in category: 25(of 30)

Best time in the category: 2:09:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Loddenke	3.30	22:28	6:48	25	7:27	277	9:26	3.30	22:28	6:48	6	1:31	276	9:25
Schlüsie	3.10	23:44	7:39	23	6:46	245	9:49	6.40	46:12	7:13	6	3:26	234	18:44
Hermannsklippe	2.60	20:18	7:48	22	5:28	226	8:36	9.00	1:06:30	7:23	6	6:01	258	26:58
Brocken	3.10	33:19	10:44	17	6:18	204	14:18	12.10	1:39:49	8:14	6	8:40	276	39:51
Eiserner Handwe	3.60	23:00	6:23	22	7:36	245	10:32	15.70	2:02:49	7:49	6	10:23	276	50:23
Schlüsie	4.00	23:08	5:46	28	8:53	274	11:55	19.70	2:25:57	7:24	4	12:48	276	1:02:18
Loddenke	3.20	23:02	7:11	26	10:00	277	12:38	22.90	2:48:59	7:22	6	19:21	276	1:14:56
Ilseburg/Markt	3.30	29:26	8:55	28	16:14	302	18:23	26.20	3:18:25	7:34	25	1:08:27	280	1:33:19