



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