



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Benter, Thomas

Number: 207

Course: 26.20 km
Brockenlauf

Category:
Männer M55

Total time: 3:20:57

Speed: 7.76 km/h

Running performance: 7:40 min/km

Rank in course/Total: 330 (of 370)

Rank in course/Men: 286 (of 317)

Best time in course: 1:45:06

Rank in category: 27(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	22:29	6:48	26	7:28	279	9:27	3.30	22:29	6:48	4	1:32	282	9:26
Schlüsie	3.10	25:30	8:13	26	8:32	280	11:35	6.40	47:59	7:29	4	5:13	281	20:31
Hermannsklippe	2.60	22:02	8:28	27	7:12	270	10:20	9.00	1:10:01	7:46	4	9:32	282	30:29
Brocken	3.10	36:48	11:52	25	9:47	255	17:47	12.10	1:46:49	8:49	4	15:40	282	46:51
Eiserner Handwe	3.60	23:13	6:26	23	7:49	251	10:45	15.70	2:10:02	8:16	4	17:36	275	57:36
Schlüsie	4.00	21:44	5:26	25	7:29	250	10:31	19.70	2:31:46	7:42	2	18:37	282	1:08:07
Loddenke	3.20	24:18	7:35	27	11:16	282	13:54	22.90	2:56:04	7:41	4	26:26	281	1:22:01
Ilseburg/Markt	3.30	24:53	7:32	27	11:41	287	13:50	26.20	3:20:57	7:40	27	1:10:59	285	1:35:51