



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

**Benter, Christoph**

Club: Göttingen  
Number: 366

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:54:39

Speed: 8.93 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 343 (of 426)

Rank in course/Men: 308 (of 371)

Best time in course: 1:42:20

Rank in category: 22(of 26)

Best time in the category: 2:07:09

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
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Loddenke	3.30	22:15	6:44	25	6:10	347	9:49	3.30	22:15	6:44	3	2:38	308	9:49
Schlüsie	3.10	24:33	7:55	23	7:12	345	11:07	6.40	46:48	7:18	6	7:04	308	20:56
Hermannsklippe	2.60	20:34	7:54	19	5:19	302	8:49	9.00	1:07:22	7:29	6	9:39	308	29:45
Brocken	3.10	29:11	9:24	9	4:21	192	11:05	12.10	1:36:33	7:58	6	7:56	308	40:50
Eiserner Handwe	3.60	21:08	5:52	20	6:11	289	9:10	15.70	1:57:41	7:29	6	10:06	308	49:18
Schlüsie	4.10	20:37	5:01	19	6:42	304	8:41	19.80	2:18:18	6:59	6	10:50	308	57:20
Loddenke	3.10	17:01	5:29	22	5:30	320	6:48	22.90	2:35:19	6:46	6	11:28	308	1:04:08
Ilseburg/Markt	3.30	19:20	5:51	21	6:13	329	8:11	26.20	2:54:39	6:39	22	47:30	308	1:12:19