



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Benter, Thomas

Club: Göttingen
Number: 329

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:14:29

Speed: 8.02 km/h
Running performance: 7:25 min/km

Rank in course/Total: 390 (of 456)

Rank in course/Men: 342 (of 399)

Best time in course: 1:39:03

Rank in category: 22(of 30)

Best time in the category: 2:11:15

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	22:24	6:47	26	6:27	349	9:53	3.30	22:24	6:47	10	1:43	290	9:49
Schlüsie	3.10	24:34	7:55	21	7:42	341	11:12	6.40	46:58	7:20	10	2:53	290	20:58
Hermannsklippe	2.60	22:18	8:34	19	7:06	327	10:45	9.00	1:09:16	7:41	10	3:15	316	31:36
Brocken	3.10	36:51	11:53	19	10:41	332	18:50	12.10	1:46:07	8:46	10	5:26	342	50:03
Eiserner Handwe	3.60	23:35	6:33	22	8:01	336	11:32	15.70	2:09:42	8:15	10	9:17	342	1:01:32
Schlüsie	4.10	22:23	5:27	22	7:20	328	11:25	19.80	2:32:05	7:40	10	12:33	342	1:12:57
Loddenke	3.10	19:01	6:08	23	6:18	340	9:37	22.90	2:51:06	7:28	10	15:29	342	1:22:34
Ilseburg/Markt	3.30	23:23	7:05	25	9:39	369	12:52	26.20	3:14:29	7:25	22	1:03:14	342	1:35:26