



# 44. Brockenlauf

Ilseburg / 06.09.2014

## Detailed evaluation

**Benter, Christoph**

Club: Göttingen  
Number: 420

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:49:23

Speed: 9.21 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 317 (of 492)

Rank in course/Men: 279 (of 415)

Best time in course: 1:38:33

Rank in category: 11(of 24)

Best time in the category: 2:19:43

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	22:04	6:41	19	5:38	374	10:12	3.30	22:04	6:41	15	0:03	288	2:28
Schlüsie	3.10	21:51	7:02	10	3:31	290	8:53	6.40	43:55	6:51	15		287	19:05
Hermannsklippe	2.60	19:44	7:35	9	3:14	271	8:13	9.00	1:03:39	7:04	15		287	27:18
Brocken	3.10	30:24	9:48	6	2:51	210	12:34	12.10	1:34:03	7:46	15		287	39:52
Eiserner Handwe	3.60	20:39	5:44	14	3:44	289	8:37	15.70	1:54:42	7:18	15		287	48:29
Schlüsie	4.10	20:15	4:56	14	3:55	295	8:45	19.80	2:14:57	6:48	15		287	57:14
Loddenke	3.10	16:37	5:21	17	3:25	311	6:47	22.90	2:31:34	6:37	15		287	1:04:01
Ilseburg/Markt	3.30	17:49	5:23	14	9:17	278	9:17	26.20	2:49:23	6:27	11	29:40	290	1:10:50