



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Benter, Thomas

Club: Göttingen
Number: 421

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:29:34

Speed: 7.44 km/h
Running performance: 8:00 min/km

Rank in course/Total: 471 (of 492)

Rank in course/Men: 390 (of 415)

Best time in course: 1:38:33

Rank in category: 41(of 47)

Best time in the category: 2:12:40

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	23:37	7:09	43	7:43	403	11:45	3.30	23:37	7:09	20	1:16	399	4:01
Schlüsie	3.10	26:38	8:35	44	9:10	402	13:40	6.40	50:15	7:51	20	3:34	398	25:25
Hermannsklippe	2.60	24:32	9:26	42	8:45	393	13:01	9.00	1:14:47	8:18	20	5:38	398	38:26
Brocken	3.10	39:35	12:46	41	14:28	397	21:45	12.10	1:54:22	9:27	20	7:06	398	1:00:11
Eiserner Handwe	3.60	24:58	6:56	43	9:51	399	12:56	15.70	2:19:20	8:52	20	10:18	398	1:13:07
Schlüsie	4.10	24:32	5:59	41	10:09	393	13:02	19.80	2:43:52	8:16	20	13:36	398	1:26:09
Loddenke	3.10	21:15	6:51	44	9:06	399	11:25	22.90	3:05:07	8:05	20	17:38	398	1:37:34
Ilseburg/Markt	3.30	24:27	7:24	44	10:33	402	15:55	26.20	3:29:34	7:59	43	1:16:54	401	1:51:01