



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

**Benter, Thomas**

Club: Göttingen  
Number: 320

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 3:38:25

Speed: 7.14 km/h

Rank in course/Total: 521 (of 532)

Rank in course/Men: 445 (of 452)

Best time in course: 1:36:15

Rank in category: 30(of 30)

Best time in the category: 2:20:45

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	25:27	7.07	30	7:52	448	13:41	3.30	25:27	7.07	30	7:52	448	13:41
Schlüsie	3.10	28:33	6.30	30	9:18	448	15:38	6.40	54:00	6.67	30	16:59	448	29:19
Hermannsklippe	2.60	26:30	4.53	30	9:49	447	15:15	9.00	1:20:30	6.71	30	26:14	448	44:34
Brocken	3.10	38:49	4.64	28	12:53	439	21:37	12.10	1:59:19	6.03	30	39:07	447	1:06:11
Eiserner Handwe	3.60	27:01	6.66	30	10:10	444	15:24	15.70	2:26:20	6.15	30	49:17	446	1:21:35
Schlüsie	4.10	25:43	9.33	29	10:09	440	14:17	19.80	2:52:03	6.63	30	58:36	446	1:35:52
Loddenke	3.10	22:16	8.08	30	9:17	443	12:39	22.90	3:14:19	6.79	30	1:07:50	446	1:48:31
Ilseburg/Markt	3.30	24:06	7.47	30	9:50	441	13:39	26.20	3:38:25	7.14	30	1:17:40	445	2:02:10