



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Benter, Christoph

Club: Göttingen
Number: 361

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:56:14

Speed: 8.85 km/h
Running performance: 6:44 min/km

Rank in course/Total: 374 (of 529)

Rank in course/Men: 331 (of 447)

Best time in course: 1:39:39

Rank in category: 16(of 29)

Best time in the category: 2:22:45

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	21:52	6:37	18	4:48	363	12:15	3.30	21:52	6:37	18	4:48	363	12:15
Schlüsie	3.10	24:19	7:50	14	4:46	326	10:29	6.40	46:11	7:12	15	9:34	355	20:07
Hermannsklippe	2.60	19:51	7:38	12	2:38	299	8:10	9.00	1:06:02	7:20	15	12:12	333	28:12
Brocken	3.10	30:33	9:51	8	3:28	219	12:18	12.10	1:36:35	7:58	13	15:10	298	40:30
Eiserner Handwe	3.60	21:34	5:59	17	5:09	350	9:04	15.70	1:58:09	7:31	13	19:35	307	49:34
Schlüsie	4.10	21:04	5:08	18	5:11	343	8:40	19.80	2:19:13	7:01	15	24:46	318	58:12
Loddenke	3.10	17:35	5:40	19	4:28	362	7:15	22.90	2:36:48	6:50	15	29:04	324	1:05:27
Ilseburg/Markt	3.30	19:26	5:53	18	4:37	350	11:08	26.20	2:56:14	6:43	16	33:29	331	1:16:35