



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

**Benter, Thomas**

Club: Göttingen  
Number: 362

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 3:35:26

Speed: 7.24 km/h  
Running performance: 8:13 min/km

Rank in course/Total: 502 (of 529)

Rank in course/Men: 424 (of 447)

Best time in course: 1:39:39

Rank in category: 28(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	24:21	7:22	26	7:17	428	14:44	3.30	24:21	7:22	26	7:17	428	14:44
Schlüsie	3.10	28:52	9:18	27	9:19	424	15:02	6.40	53:13	8:18	27	16:36	427	27:09
Hermannsklippe	2.60	24:14	9:19	28	7:01	419	12:33	9.00	1:17:27	8:36	28	23:37	426	39:37
Brocken	3.10	39:08	12:37	26	12:03	415	20:53	12.10	1:56:35	9:38	28	35:10	424	1:00:30
Eiserner Handwe	3.60	25:43	7:08	27	9:18	421	13:13	15.70	2:22:18	9:03	28	43:44	425	1:13:43
Schlüsie	4.10	25:32	6:13	28	9:39	420	13:08	19.80	2:47:50	8:28	28	53:23	424	1:26:49
Loddenke	3.10	23:25	7:33	27	10:18	429	13:05	22.90	3:11:15	8:21	27	1:03:31	423	1:39:54
Ilseburg/Markt	3.30	24:11	7:19	27	9:22	421	15:53	26.20	3:35:26	8:13	28	1:12:41	424	1:55:47