



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Benter, Christoph

Club: Göttingen  
Number: 287

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 3:11:43

Speed: 8.20 km/h  
Running performance: 7:19 min/km

Rank in course/Total: 433 (of 506)

Rank in course/Men: 369 (of 416)

Best time in course: 1:44:43

Rank in category: 9(of 15)

Best time in the category: 2:31:22

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	21:25	6:29	5	1:55	328	7:59	3.30	21:25	6:29	5	1:55	328	7:59
Bremer Hütte	2.40	19:19	8:02	5	2:19	347	8:13	5.70	40:44	7:08	4	4:10	340	16:12
Hermannsklippe	3.30	25:47	7:48	7	3:32	346	10:55	9.00	1:06:31	7:23	5	7:42	343	27:06
Brocken	3.10	33:45	10:53	6	4:49	320	15:24	12.10	1:40:16	8:17	7	12:31	344	42:30
Eiserner Handwe	3.60	25:47	7:09	13	8:08	384	13:15	15.70	2:06:03	8:01	9	20:39	361	55:45
Bremer Hütte	4.10	28:03	6:50	13	7:34	378	13:09	19.80	2:34:06	7:46	9	28:13	363	1:08:37
Loddenke	3.10	15:39	5:02	13	4:57	381	7:41	22.90	2:49:45	7:24	9	33:10	365	1:16:18
Ilseburg/Markt	3.30	21:58	6:39	13	7:11	384	10:42	26.20	3:11:43	7:19	9	40:21	370	1:27:00