



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Twyrdy, Krystian

Club: VfB Fallersleben
Number: 154

Course: 26.20 km
Brockenlauf

Category:
Männer M50

Total time: 2:51:55

Speed: 9.07 km/h
Running performance: 6:34 min/km

Rank in course/Total: 236 (of 370)

Rank in course/Men: 209 (of 317)

Best time in course: 1:45:06

Rank in category: 32(of 51)

Best time in the category: 1:57:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Loddenke	3.30	23:01	6:58	44	288	7:47	9:59	3.30	23:01	6:58	7	204	2:52	9:58
Schlüsie	3.10	22:54	7:23	33	227	6:29	8:59	6.40	45:55	7:10	7	204	2:48	18:27
Hermannsklippe	2.60	18:45	7:12	24	177	5:09	7:03	9.00	1:04:40	7:11	7	204	1:38	25:08
Brocken	3.10	34:09	11:00	34	223	11:45	15:08	12.10	1:38:49	8:09	7	204		38:51
Eiserner Handwe	3.60	23:15	6:27	41	254	9:43	10:47	15.70	2:02:04	7:46	7	204		49:38
Schlüsie	4.00	18:29	4:37	30	172	5:40	7:16	19.70	2:20:33	7:08	9	204	1:54	56:54
Loddenke	3.20	15:10	4:44	16	108	3:50	4:46	22.90	2:35:43	6:47	8	204		1:01:40
Ilseburg/Markt	3.30	16:12	4:54	18	110	4:03	5:09	26.20	2:51:55	6:33	32	209	54:03	1:06:49