



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Bystrzycki, Gerald

Club: Harzer Ski Team
Number: 725

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 50:39

Speed: 10.66 km/h
Running performance: 5:17 min/km

Rank in course/Total: 58 (of 170)

Rank in course/Men: 47 (of 111)

Best time in course: 33:31

Rank in category: 4(of 13)

Best time in the category: 43:35

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
Ilsestein	4.10	24:45	6:02	3	3:17	41	8:22	4.10	24:45	6:02	4	3:17	46	8:04
Loddenke	2.20	10:05	4:34	3	1:44	41	3:31	6.30	34:50	5:31	4	5:01	46	11:35
Ilseburg/Markt	3.30	15:49	4:47	9	2:03	65	5:36	9.60	50:39	5:16	4	7:04	47	17:08