



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Twyrdy, Krystian

Club: LV. ASPA Wolfsburg  
Number: 40

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:51:48

Speed: 9.08 km/h

Rank in course/Total: 398 (of 532)

Rank in course/Men: 355 (of 452)

Best time in course: 1:36:15

Rank in category: 63(of 78)

Best time in the category: 2:00:23

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	22:56	7.85	76	8:02	423	11:10	3.30	22:56	7.85	76	8:02	423	11:10
Schlüsie	3.10	23:24	7.69	67	7:05	386	10:29	6.40	46:20	7.77	74	15:07	409	21:39
Hermannsklippe	2.60	20:05	5.98	60	5:52	362	8:50	9.00	1:06:25	8.13	70	20:55	393	30:29
Brocken	3.10	31:45	5.67	56	9:37	322	14:33	12.10	1:38:10	7.33	67	30:32	380	45:02
Eiserner Handwe	3.60	22:27	8.02	72	8:12	403	10:50	15.70	2:00:37	7.46	68	38:31	381	55:52
Schlüsie	4.10	20:53	11.49	62	7:22	362	9:27	19.80	2:21:30	8.06	67	45:21	384	1:05:19
Loddenke	3.10	14:54	12.08	42	3:23	241	5:17	22.90	2:36:24	8.44	65	48:44	372	1:10:36
Ilseburg/Markt	3.30	15:24	11.69	34	2:41	172	4:57	26.20	2:51:48	9.08	63	51:25	355	1:15:33