



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Twyrdy, Krystian

Club: ULV Wolfsburg  
Number: 78

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:51:33

Speed: 9.09 km/h  
Running performance: 6:33 min/km

Rank in course/Total: 334 (of 529)

Rank in course/Men: 298 (of 447)

Best time in course: 1:39:39

Rank in category: 35(of 58)

Best time in the category: 2:02:30

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	20:52	6:19	41	5:47	317	11:15	3.30	20:52	6:19	41	5:47	317	11:15
Schlüsie	3.10	24:06	7:46	39	7:16	318	10:16	6.40	44:58	7:01	40	13:03	323	18:54
Hermannsklippe	2.60	19:56	7:39	34	5:45	302	8:15	9.00	1:04:54	7:12	38	18:48	312	27:04
Brocken	3.10	32:52	10:36	38	10:08	313	14:37	12.10	1:37:46	8:04	36	28:56	308	41:41
Eiserner Handwe	3.60	21:00	5:49	39	6:09	328	8:30	15.70	1:58:46	7:33	36	35:05	312	50:11
Schlüsie	4.10	21:14	5:10	42	7:02	349	8:50	19.80	2:20:00	7:04	38	42:07	326	58:59
Loddenke	3.10	15:17	4:55	27	3:44	243	4:57	22.90	2:35:17	6:46	36	45:51	312	1:03:56
Ilseburg/Markt	3.30	16:16	4:55	17	3:12	191	7:58	26.20	2:51:33	6:32	35	49:03	298	1:11:54