



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

TWYRDY, Krystian

Club: ULV Wolfsburg
Number: 7

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:50:03

Speed: 9.17 km/h
Running performance: 6:29 min/km

Rank in course/Total: 348 (of 500)

Rank in course/Men: 317 (of 423)

Best time in course: 1:35:36

Rank in category: 28(of 45)

Best time in the category: 2:07:45

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	23:43	7:11	40	7:32	407	11:44	3.30	23:43	7:11	40	7:32	407	11:44
Schlüsie	3.10	25:14	8:08	39	7:53	396	12:29	6.40	48:57	7:38	40	15:25	403	24:13
Hermannsklippe	2.60	22:11	8:31	36	6:50	379	11:00	9.00	1:11:08	7:54	40	22:15	394	35:13
Brocken	3.10	30:52	9:57	25	5:58	260	13:28	12.10	1:42:00	8:25	36	27:44	368	48:41
Eiserner Handwe	3.60	19:39	5:27	18	5:09	254	7:59	15.70	2:01:39	7:44	35	32:53	360	56:40
Schlüsie	4.10	19:29	4:45	19	5:24	276	8:28	19.80	2:21:08	7:07	32	38:17	350	1:05:08
Loddenke	3.10	14:04	4:32	11	2:16	181	4:48	22.90	2:35:12	6:46	31	40:33	335	1:09:56
Ilseburg/Markt	3.30	14:51	4:30	7	1:45	124	4:31	26.20	2:50:03	6:29	28	42:18	319	1:14:27