



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Twyrdy, Krystian

Club: Team Wetzsteine  
Number: 437

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 3:15:54

Speed: 7.96 km/h  
Running performance: 7:29 min/km

Rank in course/Total: 470 (of 537)

Rank in course/Men: 395 (of 440)

Best time in course: 1:41:44

Rank in category: 25(of 32)

Best time in the category: 2:24:05

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	23:06	7:00	27	5:18	410	10:54	3.30	23:06	7:00	27	5:18	410	10:54
Schlüsie	3.10	25:12	8:07	28	5:55	397	11:48	6.40	48:18	7:32	26	10:47	402	22:42
Hermannsklippe	2.60	22:35	8:41	24	6:06	387	10:41	9.00	1:10:53	7:52	25	16:53	395	33:23
Brocken	3.10	36:46	11:51	24	8:44	377	18:33	12.10	1:47:39	8:53	24	25:37	390	51:56
Eiserner Handwe	3.60	23:52	6:37	25	7:18	378	11:16	15.70	2:11:31	8:22	25	32:04	394	1:03:12
Schlüsie	4.10	23:36	5:45	28	6:57	401	11:39	19.80	2:35:07	7:50	25	38:52	394	1:14:51
Loddenke	3.10	19:27	6:16	31	6:04	401	9:23	22.90	2:54:34	7:37	25	44:56	392	1:24:14
Ilseburg/Markt	3.30	21:20	6:27	30	6:53	393	9:56	26.20	3:15:54	7:28	25	51:49	395	1:34:10