



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Nehrkorn, Joachim

Club: Werne

Number: 333

Course: 27.00 km

Brockenlauf

Category:

Männer M55

Total time: 2:41:35

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 262 (of 403)

Rank in course/Men: 243 (of 355)

Best time in course: 1:44:00

Rank in category: 15(of 26)

Best time in the category: 2:04:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Hermannsklippe	9.00	56:56	6:19	10	12:10	202	17:48	9.00	56:56	6:19	12		243	17:48
Brocken	3.00	30:01	10:00	14	6:39	223	11:14	12.00	1:26:57	7:14	12		243	28:35
Finish	15.00	1:14:38	4:58	20	20:50	275	29:00	27.00	2:41:35	5:59	15	36:55	243	57:35