



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Nehrkorn, Joachim

Club: Werne an der Lippe
Number: 42

Course: 26.20 km
Brockenlauf

Category:
Männer M55

Total time: 2:40:32

Speed: 9.79 km/h
Running performance: 6:08 min/km

Rank in course/Total: 167 (of 370)

Rank in course/Men: 149 (of 317)

Best time in course: 1:45:06

Rank in category: 11(of 30)

Best time in the category: 2:09:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Loddenke	3.30	17:48	5:23	6	97	2:47	4:46	3.30	17:48	5:23	21	144	4:45	
Schlüsie	3.10	20:41	6:40	10	138	3:43	6:46	6.40	38:29	6:00	21	144	11:01	
Hermannsklippe	2.60	17:47	6:50	11	134	2:57	6:05	9.00	56:16	6:15	21	144	16:44	
Brocken	3.10	30:29	9:50	10	130	3:28	11:28	12.10	1:26:45	7:10	21	144	26:47	
Eiserner Handwe	3.60	19:48	5:30	12	157	4:24	7:20	15.70	1:46:33	6:47	21	144	34:07	
Schlüsie	4.00	18:42	4:40	17	177	4:27	7:29	19.70	2:05:15	6:21	19	144	41:36	
Loddenke	3.20	16:52	5:16	16	177	3:50	6:28	22.90	2:22:07	6:12	21	144	48:04	
Ilseburg/Markt	3.30	18:25	5:34	21	203	5:13	7:22	26.20	2:40:32	6:07	11	30:34	149 55:26	