



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