



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Nehrkorn, Joachim

Club: Werne a.d.Lippe  
Number: 178

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:46:36

Speed: 9.36 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 302 (of 426)

Rank in course/Men: 273 (of 371)

Best time in course: 1:42:20

Rank in category: 9(of 21)

Best time in the category: 2:17:19

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               |                 | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|---------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km |             |                | Pos<br>Men    | Behind<br>Men |
| Loddenke        | 3.30        | 19:38         | 5:56            | 6           | 3:09           | 234         | 7:12          | 3.30        | 19:38         | 5:56            | 14          |                | 253           | 7:12          |
| Schlüsie        | 3.10        | 21:12         | 6:50            | 6           | 2:58           | 253         | 7:46          | 6.40        | 40:50         | 6:22            | 14          |                | 273           | 14:58         |
| Hermannsklippe  | 2.60        | 19:07         | 7:21            | 7           | 2:55           | 243         | 7:22          | 9.00        | 59:57         | 6:39            | 14          |                | 273           | 22:20         |
| Brocken         | 3.10        | 30:43         | 9:54            | 6           | 4:34           | 237         | 12:37         | 12.10       | 1:30:40       | 7:29            | 14          |                | 273           | 34:57         |
| Eiserner Handwe | 3.60        | 22:04         | 6:07            | 12          | 5:30           | 313         | 10:06         | 15.70       | 1:52:44       | 7:10            | 14          |                | 273           | 44:21         |
| Schlüsie        | 4.10        | 20:45         | 5:03            | 13          | 5:07           | 306         | 8:49          | 19.80       | 2:13:29       | 6:44            | 14          |                | 273           | 52:31         |
| Loddenke        | 3.10        | 15:59         | 5:09            | 10          | 3:00           | 283         | 5:46          | 22.90       | 2:29:28       | 6:31            | 14          |                | 273           | 58:17         |
| Ilseburg/Markt  | 3.30        | 17:08         | 5:11            | 12          | 2:22           | 278         | 5:59          | 26.20       | 2:46:36       | 6:21            | 9           | 29:17          | 273           | 1:04:16       |