



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Nehrkorn, Joachim

Club: Werne an der Lippe
Number: 176

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:59:11

Speed: 8.71 km/h
Running performance: 6:50 min/km

Rank in course/Total: 334 (of 456)

Rank in course/Men: 295 (of 399)

Best time in course: 1:39:03

Rank in category: 10(of 20)

Best time in the category: 2:22:49

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	20:21	6:10	3	3:35	256	7:50	3.30	20:21	6:10	12		158	7:46
Schlüsie	3.10	22:00	7:05	5	3:02	267	8:38	6.40	42:21	6:37	12		282	16:21
Hermannsklippe	2.60	20:07	7:44	6	2:58	257	8:34	9.00	1:02:28	6:56	12		296	24:48
Brocken	3.10	31:57	10:18	7	3:59	229	13:56	12.10	1:34:25	7:48	12		296	38:21
Eiserner Handwe	3.60	23:20	6:28	15	6:47	332	11:17	15.70	1:57:45	7:30	12		296	49:35
Schlüsie	4.10	22:46	5:33	15	6:33	332	11:48	19.80	2:20:31	7:05	12		296	1:01:23
Loddenke	3.10	18:28	5:57	16	4:43	325	9:04	22.90	2:38:59	6:56	12		296	1:10:27
Ilseburg/Markt	3.30	20:12	6:07	16	4:45	318	9:41	26.20	2:59:11	6:50	10	36:22	295	1:20:08