



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Nehrkorn, Joachim

Club: Werne an der Lippe  
Number: 178

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 3:04:22

Speed: 8.46 km/h  
Running performance: 7:02 min/km

Rank in course/Total: 412 (of 492)

Rank in course/Men: 351 (of 415)

Best time in course: 1:38:33

Rank in category: 20(of 24)

Best time in the category: 2:19:43

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	20:51	6:19	11	4:25	312	8:59	3.30	20:51	6:19	7		207	1:15
Schlüsie	3.10	23:23	7:32	18	5:03	355	10:25	6.40	44:14	6:54	7	0:02	194	19:24
Hermannsklippe	2.60	21:11	8:08	17	4:41	331	9:40	9.00	1:05:25	7:16	7	0:41	358	29:04
Brocken	3.10	32:31	10:29	13	4:58	294	14:41	12.10	1:37:56	8:05	7	2:39	358	43:45
Eiserner Handwe	3.60	24:09	6:42	23	7:14	393	12:07	15.70	2:02:05	7:46	7	5:22	358	55:52
Schlüsie	4.10	23:13	5:39	22	6:53	382	11:43	19.80	2:25:18	7:20	7	8:45	358	1:07:35
Loddenke	3.10	18:37	6:00	22	5:25	371	8:47	22.90	2:43:55	7:09	7	11:37	358	1:16:22
Ilseburg/Markt	3.30	20:27	6:11	20	11:55	359	11:55	26.20	3:04:22	7:02	20	44:39	362	1:25:49