



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

NEHRKORN, Joachim

Club: Ort: Werne an der Lippe
Number: 279

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 3:21:23

Speed: 7.75 km/h
Running performance: 7:41 min/km

Rank in course/Total: 469 (of 500)

Rank in course/Men: 404 (of 423)

Best time in course: 1:35:36

Rank in category: 10(of 13)

Best time in the category: 2:25:43

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	23:16	7:03	11	5:03	400	11:17	3.30	23:16	7:03	11	5:03	400	11:17
Schlüsie	3.10	25:24	8:11	10	5:57	400	12:39	6.40	48:40	7:36	10	11:00	399	23:56
Hermannsklippe	2.60	23:04	8:52	10	5:57	392	11:53	9.00	1:11:44	7:58	10	16:57	397	35:49
Brocken	3.10	35:41	11:30	10	8:58	382	18:17	12.10	1:47:25	8:52	10	25:55	392	54:06
Eiserner Handwe	3.60	25:49	7:10	11	8:31	404	14:09	15.70	2:13:14	8:29	10	34:26	398	1:08:15
Schlüsie	4.10	25:12	6:08	12	8:11	403	14:11	19.80	2:38:26	8:00	10	42:37	401	1:22:26
Loddenke	3.10	20:47	6:42	12	6:48	414	11:31	22.90	2:59:13	7:49	10	49:17	405	1:33:57
Ilseburg/Markt	3.30	22:10	6:43	12	6:29	406	11:50	26.20	3:21:23	7:41	10	55:40	406	1:45:47