



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Nehrkorn, Joachim

Club: Ort: Werne an der Lippe  
Number: 725

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 1:03:19

Speed: 8.53 km/h  
Running performance: 6:36 min/km

Rank in course/Total: 175 (of 230)

Rank in course/Men: 115 (of 136)

Best time in course: 34:12

Rank in category: 3(of 4)

Best time in the category: 58:07

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
Ilsestein	4.10	31:00	7:33	3	1:13	110	13:56	4.10	31:00	7:33	3	1:13	110	13:56
Loddenke	2.20	12:40	5:45	2	0:55	114	5:52	6.30	43:40	6:55	3	2:00	109	19:48
Ilseburg/Markt	3.30	19:39	5:57	3	3:12	120	9:19	9.60	1:03:19	6:35	3	5:12	116	29:07