



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Nehrkorn, Joachim

Club: Werne an der Lippe
Number: 749

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 1:03:18

Speed: 8.53 km/h
Running performance: 6:35 min/km

Rank in course/Total: 164 (of 210)

Rank in course/Men: 112 (of 132)

Best time in course: 33:33

Rank in category: 1(of 2)

Best time in the category: 1:03:18

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	30:59	7:33	1	-	107	14:39	4.10	30:59	7:33	1	-	107	14:39
Loddenke	2.20	12:37	5:44	1	-	115	5:52	6.30	43:36	6:55	1	-	109	20:29
Ilseburg/Markt	3.30	19:42	5:58	1	-	121	9:16	9.60	1:03:18	6:35	1	-	112	29:45