



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Nehrkorn, Joachim

Club: Werne an der Lippe  
Number: 644

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:08:28

Speed: 7.89 km/h  
Running performance: 7:08 min/km

Rank in course/Total: 132 (of 147)

Rank in course/Men: 83 (of 90)

Best time in course: 37:03

Rank in category: 1(of 3)

Best time in the category: 1:08:28

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	33:03	8:03	1	-	81	14:18	4.10	33:03	8:03	1	-	81	14:18
Loddenke	2.20	14:10	6:26	3	5:21	84	9:35	6.30	47:13	7:29	2	38:24	82	42:38
Ilseburg/Markt	3.30	21:15	6:26	2	2:18	85	10:02	9.60	1:08:28	7:07	1	-	83	31:25