



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Nehrkorn, Joachim

Club: Werne an der Lippe  
Number: 686

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:16:29

Speed: 7.06 km/h  
Running performance: 7:58 min/km

Rank in course/Total: 163 (of 169)

Rank in course/Men: 97 (of 101)

Best time in course: 34:38

Rank in category: 3(of 4)

Best time in the category: 1:05:08

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	36:14	8:50	3	4:12	95	19:14	4.10	36:14	8:50	3	4:12	96	36:14
Loddenke	2.20	15:54	7:13	3	3:22	97	9:07	6.30	52:08	8:16	3	7:34	97	28:21
Ilseburg/Markt	3.30	24:21	7:22	4	3:47	99	13:42	9.60	1:16:29	7:58	3	11:21	97	41:51