



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |