



45. Brockenlauf

Ilseburg / 05.09.2015

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Wadehn, Ricky

□□: Brockenlaufverein
□□: 163

□□: 26.20 km
26,2 km - Lauf

□□□□:
Senioren M40 (40-44 Jahre)

□□□: 2:03:43

□□: 12.71 km/h

□□□□□/□□□: 26 (of 532)

□□□□□/□: 26 (of 452)

□□□□□□: 1:36:15

□□□□□: 5(of 59)

□□□□□□□: 1:45:31

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| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Loddenke | 3.30 | 15:51 | 12.49 | 8 | 2:45 | 44 | 4:05 | 3.30 | 15:51 | 12.49 | 8 | 2:45 | 44 | 4:05 |
| Schlüsie | 3.10 | 16:35 | 11.22 | 6 | 2:12 | 25 | 3:40 | 6.40 | 32:26 | 11.84 | 8 | 4:45 | 35 | 7:45 |
| Hermannsklippe | 2.60 | 14:13 | 10.97 | 5 | 1:43 | 21 | 2:58 | 9.00 | 46:39 | 11.58 | 6 | 6:15 | 26 | 10:43 |
| Brocken | 3.10 | 23:08 | 8.04 | 6 | 3:18 | 29 | 5:56 | 12.10 | 1:09:47 | 10.40 | 5 | 9:33 | 26 | 16:39 |
| Eiserner Handwe | 3.60 | 14:43 | 14.68 | 4 | 2:28 | 23 | 3:06 | 15.70 | 1:24:30 | 11.15 | 5 | 12:01 | 26 | 19:45 |
| Schlüsie | 4.10 | 14:14 | 17.28 | 5 | 2:20 | 29 | 2:48 | 19.80 | 1:38:44 | 12.03 | 5 | 14:21 | 26 | 22:33 |
| Loddenke | 3.10 | 11:46 | 15.81 | 4 | 1:38 | 26 | 2:09 | 22.90 | 1:50:30 | 12.43 | 5 | 15:59 | 26 | 24:42 |
| Ilseburg/Markt | 3.30 | 13:13 | 14.98 | 5 | 2:13 | 33 | 2:46 | 26.20 | 2:03:43 | 12.71 | 5 | 18:12 | 26 | 27:28 |