



# 45. Brockenlauf

Ilseburg / 05.09.2015

□□□□

Jacobs, Maik

□□: LG Mandra  
 □□: 322

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M50 (50-54 Jahre)

□□□: 2:04:42

□□: 12.61 km/h

□□□□□/□□□: 27 (of 532)

□□□□□/□: 27 (of 452)

□□□□□□: 1:36:15

□□□□□: 3(of 78)

□□□□□□□: 2:00:23

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	15:16	12.97	3	0:22	25	3:30	3.30	15:16	12.97	3	0:22	25	3:30
Schlüsie	3.10	16:42	11.14	4	0:23	31	3:47	6.40	31:58	12.01	4	0:45	26	7:17
Hermannsklippe	2.60	14:38	10.66	3	0:25	32	3:23	9.00	46:36	11.59	3	1:06	25	10:40
Brocken	3.10	23:48	7.82	4	1:40	45	6:36	12.10	1:10:24	10.31	4	2:46	32	17:16
Eiserner Handwe	3.60	14:31	14.88	3	0:16	19	2:54	15.70	1:24:55	11.09	3	2:49	27	20:10
Schlüsie	4.10	14:12	17.32	4	0:41	27	2:46	19.80	1:39:07	11.99	3	2:58	27	22:56
Loddenke	3.10	11:53	15.65	4	0:22	31	2:16	22.90	1:51:00	12.38	3	3:20	27	25:12
Ilseburg/Markt	3.30	13:42	14.45	7	0:59	59	3:15	26.20	2:04:42	12.61	3	4:19	27	28:27