



45. Brockenlauf

Ilseburg / 05.09.2015

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Kappe, Karsten

□□: TSG Bad Harzburg

□□: 474

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:04:58

□□: 12.58 km/h

□□□□□/□□□: 28 (of 532)

□□□□□/□: 28 (of 452)

□□□□□□: 1:36:15

□□□□□: 6(of 91)

□□□□□□□: 1:55:12

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	15:25	12.84	7	1:18	34	3:39	3.30	15:25	12.84	7	1:18	34	3:39
Schlüsie	3.10	16:52	11.03	6	1:06	34	3:57	6.40	32:17	11.89	8	2:24	34	7:36
Hermannsklippe	2.60	14:23	10.85	4	0:32	26	3:08	9.00	46:40	11.57	6	2:56	28	10:44
Brocken	3.10	23:15	8.00	6	2:24	33	6:03	12.10	1:09:55	10.38	5	5:17	28	16:47
Eiserner Handwe	3.60	15:09	14.26	11	1:40	42	3:32	15.70	1:25:04	11.07	6	6:57	29	20:19
Schlüsie	4.10	15:13	16.17	15	2:06	67	3:47	19.80	1:40:17	11.85	6	8:31	31	24:06
Loddenke	3.10	11:55	15.61	9	1:21	34	2:18	22.90	1:52:12	12.25	6	9:15	30	26:24
Ilseburg/Markt	3.30	12:46	15.51	6	0:49	22	2:19	26.20	2:04:58	12.58	6	9:46	28	28:43