



45. Brockenlauf

Ilseburg / 05.09.2015

□□□□

Gremmel, Hendrig

□□: Hannover
□□: 572

□□: 26.20 km
26,2 km - Lauf

□□□□:
Senioren M50 (50-54 Jahre)

□□□: 2:05:13

□□: 12.55 km/h

□□□□□/□□□: 30 (of 532)

□□□□□/□: 29 (of 452)

□□□□□□: 1:36:15

□□□□□: 4(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 | 16:37 | 11.19 | 3 | 0:18 | 29 | 3:42 | 6.40 | 31:53 | 12.04 | 3 | 0:40 | 25 | 7:12 |
| Hermannsklippe | 2.60 | 15:07 | 10.32 | 5 | 0:54 | 47 | 3:52 | 9.00 | 47:00 | 11.49 | 4 | 1:30 | 34 | 11:04 |
| Brocken | 3.10 | 24:25 | 7.62 | 6 | 2:17 | 56 | 7:13 | 12.10 | 1:11:25 | 10.17 | 5 | 3:47 | 39 | 18:17 |
| Eiserner Handwe | 3.60 | 14:47 | 14.61 | 5 | 0:32 | 25 | 3:10 | 15.70 | 1:26:12 | 10.93 | 5 | 4:06 | 39 | 21:27 |
| Schlüsie | 4.10 | 14:09 | 17.39 | 3 | 0:38 | 25 | 2:43 | 19.80 | 1:40:21 | 11.84 | 4 | 4:12 | 32 | 24:10 |
| Loddenke | 3.10 | 11:39 | 15.97 | 2 | 0:08 | 20 | 2:02 | 22.90 | 1:52:00 | 12.27 | 4 | 4:20 | 29 | 26:12 |
| Ilseburg/Markt | 3.30 | 13:13 | 14.98 | 3 | 0:30 | 33 | 2:46 | 26.20 | 2:05:13 | 12.55 | 4 | 4:50 | 29 | 28:58 |