



# 45. Brockenlauf

Ilseburg / 05.09.2015

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**Irmer, Tobias**

□□: Laufgruppe Ottersleben

□□: 382

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:09:35

□□: 12.04 km/h

□□□□□/□□□: 49 (of 532)

□□□□□/□: 47 (of 452)

□□□□□□: 1:36:15

□□□□□: 8(of 59)

□□□□□□□: 1:45:31

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| □□□             | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 15:19    | 11.75      | 5       | 2:13    | 28      | 3:33    | 3.30  | 15:19   | 11.75 | 5       | 2:13    | 28      | 3:33    |
| Schlüsie        | 3.10     | 16:42    | 10.78      | 7       | 2:19    | 31      | 3:47    | 6.40  | 32:01   | 11.24 | 6       | 4:20    | 28      | 7:20    |
| Hermannsklippe  | 2.60     | 15:05    | 7.96       | 9       | 2:35    | 45      | 3:50    | 9.00  | 47:06   | 11.46 | 8       | 6:42    | 38      | 11:10   |
| Brocken         | 3.10     | 24:56    | 7.22       | 16      | 5:06    | 67      | 7:44    | 12.10 | 1:12:02 | 10.00 | 9       | 11:48   | 43      | 18:54   |
| Eiserner Handwe | 3.60     | 15:52    | 11.34      | 12      | 3:37    | 65      | 4:15    | 15.70 | 1:27:54 | 10.24 | 9       | 15:25   | 43      | 23:09   |
| Schlüsie        | 4.10     | 15:23    | 15.60      | 14      | 3:29    | 76      | 3:57    | 19.80 | 1:43:17 | 11.04 | 9       | 18:54   | 46      | 27:06   |
| Loddenke        | 3.10     | 12:32    | 14.36      | 10      | 2:24    | 60      | 2:55    | 22.90 | 1:55:49 | 11.40 | 9       | 21:18   | 48      | 30:01   |
| Ilseburg/Markt  | 3.30     | 13:46    | 13.08      | 14      | 2:46    | 62      | 3:19    | 26.20 | 2:09:35 | 12.04 | 8       | 24:04   | 47      | 33:20   |