



45. Brockenlauf

Ilseburg / 05.09.2015

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Loeser, Sascha

□□: Niedergörsdorf

□□: 181

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 2:11:59

□□: 11.91 km/h

□□□□□/□□□: 57 (of 532)

□□□□□/□: 56 (of 452)

□□□□□□: 1:36:15

□□□□□: 7(of 48)

□□□□□□□: 1:56:54

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Loddenke | 3.30 | 15:33 | 12.73 | 8 | 1:25 | 39 | 3:47 | 3.30 | 15:33 | 12.73 | 8 | 1:25 | 39 | 3:47 |
| Schlüsie | 3.10 | 17:16 | 10.77 | 7 | 1:23 | 46 | 4:21 | 6.40 | 32:49 | 11.70 | 7 | 2:46 | 42 | 8:08 |
| Hermannsklippe | 2.60 | 15:27 | 10.10 | 7 | 1:35 | 58 | 4:12 | 9.00 | 48:16 | 11.19 | 7 | 4:17 | 44 | 12:20 |
| Brocken | 3.10 | 23:40 | 7.86 | 7 | 1:59 | 43 | 6:28 | 12.10 | 1:11:56 | 10.09 | 7 | 6:16 | 42 | 18:48 |
| Eiserner Handwe | 3.60 | 16:14 | 13.31 | 11 | 2:29 | 81 | 4:37 | 15.70 | 1:28:10 | 10.68 | 7 | 8:34 | 45 | 23:25 |
| Schlüsie | 4.10 | 15:51 | 15.52 | 14 | 2:39 | 97 | 4:25 | 19.80 | 1:44:01 | 11.42 | 7 | 11:07 | 50 | 27:50 |
| Loddenke | 3.10 | 13:05 | 14.22 | 12 | 1:40 | 97 | 3:28 | 22.90 | 1:57:06 | 11.73 | 7 | 12:47 | 53 | 31:18 |
| Ilseburg/Markt | 3.30 | 14:53 | 13.30 | 17 | 2:18 | 139 | 4:26 | 26.20 | 2:11:59 | 11.91 | 7 | 15:05 | 56 | 35:44 |