



45. Brockenlauf

Ilseburg / 05.09.2015

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Winkler, Martin

□□: Lg Jessen

□□: 444

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:13:53

□□: 11.74 km/h

□□□□□/□□□: 69 (of 532)

□□□□□/□: 67 (of 452)

□□□□□□: 1:36:15

□□□□□: 6(of 39)

□□□□□□□: 1:51:38

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Loddenke | 3.30 | 16:57 | 11.68 | 8 | 3:14 | 68 | 5:11 | 3.30 | 16:57 | 11.68 | 8 | 3:14 | 68 | 5:11 |
| Schlüsie | 3.10 | 18:00 | 10.33 | 5 | 2:44 | 70 | 5:05 | 6.40 | 34:57 | 10.99 | 8 | 5:55 | 66 | 10:16 |
| Hermannsklippe | 2.60 | 15:17 | 10.21 | 5 | 2:11 | 54 | 4:02 | 9.00 | 50:14 | 10.75 | 6 | 8:06 | 63 | 14:18 |
| Brocken | 3.10 | 22:54 | 8.12 | 3 | 2:46 | 27 | 5:42 | 12.10 | 1:13:08 | 9.93 | 5 | 10:43 | 50 | 20:00 |
| Eiserner Handwe | 3.60 | 16:17 | 13.27 | 10 | 3:25 | 88 | 4:40 | 15.70 | 1:29:25 | 10.53 | 4 | 14:08 | 54 | 24:40 |
| Schlüsie | 4.10 | 16:06 | 15.28 | 10 | 3:09 | 118 | 4:40 | 19.80 | 1:45:31 | 11.26 | 6 | 17:17 | 60 | 29:20 |
| Loddenke | 3.10 | 13:32 | 13.74 | 13 | 2:25 | 136 | 3:55 | 22.90 | 1:59:03 | 11.54 | 6 | 19:42 | 62 | 33:15 |
| Ilseburg/Markt | 3.30 | 14:50 | 13.35 | 14 | 2:33 | 133 | 4:23 | 26.20 | 2:13:53 | 11.74 | 6 | 22:15 | 67 | 37:38 |