



# 45. Brockenlauf

Ilseburg / 05.09.2015

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**Müller, Jörg**

□□: 1.FC Union

□□: 511

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:24:41

□□: 10.78 km/h

□□□□□/□□□: 144 (of 532)

□□□□□/□: 140 (of 452)

□□□□□□: 1:36:15

□□□□□: 24(of 91)

□□□□□□□: 1:55:12

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:18    | 9.84       | 27      | 4:11    | 133     | 6:32    | 3.30  | 18:18   | 9.84  | 27      | 4:11    | 133     | 6:32    |
| Schlüsie        | 3.10     | 19:10    | 9.39       | 24      | 3:24    | 121     | 6:15    | 6.40  | 37:28   | 9.61  | 25      | 7:35    | 121     | 12:47   |
| Hermannsklippe  | 2.60     | 16:55    | 7.09       | 28      | 3:04    | 142     | 5:40    | 9.00  | 54:23   | 9.93  | 25      | 10:39   | 131     | 18:27   |
| Brocken         | 3.10     | 26:57    | 6.68       | 24      | 6:06    | 133     | 9:45    | 12.10 | 1:21:20 | 8.85  | 25      | 16:42   | 129     | 28:12   |
| Eiserner Handwe | 3.60     | 18:09    | 9.92       | 38      | 4:40    | 206     | 6:32    | 15.70 | 1:39:29 | 9.05  | 25      | 21:22   | 142     | 34:44   |
| Schlüsie        | 4.10     | 16:56    | 14.17      | 29      | 3:49    | 167     | 5:30    | 19.80 | 1:56:25 | 9.79  | 26      | 24:39   | 150     | 40:14   |
| Loddenke        | 3.10     | 13:15    | 13.58      | 23      | 2:41    | 114     | 3:38    | 22.90 | 2:09:40 | 10.18 | 24      | 26:43   | 143     | 43:52   |
| Ilseburg/Markt  | 3.30     | 15:01    | 11.99      | 27      | 3:04    | 144     | 4:34    | 26.20 | 2:24:41 | 10.78 | 24      | 29:29   | 140     | 48:26   |