



# 45. Brockenlauf

Ilseburg / 05.09.2015

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**Brinke, Stefan**

□□: Eiche Horn  
□□: 436

□□: 26.20 km  
26,2 km - Lauf

□□□□:  
Senioren M45 (45-49 Jahre)

□□□: 2:25:35

□□: 10.72 km/h

□□□□□/□□□: 152 (of 532)

□□□□□/□: 148 (of 452)

□□□□□□: 1:36:15

□□□□□: 27(of 91)

□□□□□□□: 1:55:12

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 19:08    | 9.41       | 42      | 5:01    | 204     | 7:22    | 3.30  | 19:08   | 9.41  | 42      | 5:01    | 204     | 7:22    |
| Schlüsie        | 3.10     | 19:59    | 9.01       | 32      | 4:13    | 189     | 7:04    | 6.40  | 39:07   | 9.20  | 36      | 9:14    | 194     | 14:26   |
| Hermannsklippe  | 2.60     | 17:05    | 7.02       | 30      | 3:14    | 153     | 5:50    | 9.00  | 56:12   | 9.61  | 31      | 12:28   | 176     | 20:16   |
| Brocken         | 3.10     | 27:05    | 6.65       | 26      | 6:14    | 136     | 9:53    | 12.10 | 1:23:17 | 8.65  | 29      | 18:39   | 158     | 30:09   |
| Eiserner Handwe | 3.60     | 17:20    | 10.38      | 27      | 3:51    | 164     | 5:43    | 15.70 | 1:40:37 | 8.94  | 27      | 22:30   | 154     | 35:52   |
| Schlüsie        | 4.10     | 16:14    | 14.78      | 24      | 3:07    | 130     | 4:48    | 19.80 | 1:56:51 | 9.76  | 27      | 25:05   | 154     | 40:40   |
| Loddenke        | 3.10     | 13:24    | 13.43      | 24      | 2:50    | 128     | 3:47    | 22.90 | 2:10:15 | 10.13 | 27      | 27:18   | 148     | 44:27   |
| Ilseburg/Markt  | 3.30     | 15:20    | 11.74      | 32      | 3:23    | 162     | 4:53    | 26.20 | 2:25:35 | 10.72 | 27      | 30:23   | 148     | 49:20   |