



45. Brockenlauf

Ilseburg / 05.09.2015

□□□□

Rörig, Martin

□□: Einbeck

□□: 162

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:26:04

□□: 10.68 km/h

□□□□□/□□□: 158 (of 532)

□□□□□/□: 154 (of 452)

□□□□□□: 1:36:15

□□□□□: 29(of 91)

□□□□□□□: 1:55:12

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:21 | 9.81 | 28 | 4:14 | 140 | 6:35 | 3.30 | 18:21 | 9.81 | 28 | 4:14 | 140 | 6:35 |
| Schlüsie | 3.10 | 19:15 | 9.35 | 25 | 3:29 | 124 | 6:20 | 6.40 | 37:36 | 9.57 | 26 | 7:43 | 127 | 12:55 |
| Hermannsklippe | 2.60 | 16:34 | 7.24 | 23 | 2:43 | 120 | 5:19 | 9.00 | 54:10 | 9.97 | 24 | 10:26 | 122 | 18:14 |
| Brocken | 3.10 | 26:30 | 6.79 | 21 | 5:39 | 115 | 9:18 | 12.10 | 1:20:40 | 8.93 | 23 | 16:02 | 120 | 27:32 |
| Eiserner Handwe | 3.60 | 18:01 | 9.99 | 37 | 4:32 | 194 | 6:24 | 15.70 | 1:38:41 | 9.12 | 24 | 20:34 | 135 | 33:56 |
| Schlüsie | 4.10 | 17:16 | 13.90 | 34 | 4:09 | 192 | 5:50 | 19.80 | 1:55:57 | 9.83 | 24 | 24:11 | 141 | 39:46 |
| Loddenke | 3.10 | 14:04 | 12.80 | 33 | 3:30 | 182 | 4:27 | 22.90 | 2:10:01 | 10.15 | 26 | 27:04 | 146 | 44:13 |
| Ilseburg/Markt | 3.30 | 16:03 | 11.21 | 42 | 4:06 | 222 | 5:36 | 26.20 | 2:26:04 | 10.68 | 29 | 30:52 | 154 | 49:49 |