



# 45. Brockenlauf

Ilseburg / 05.09.2015

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**Bollmann, Manfred**

□□: Bottrop

□□: 305

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:27:40

□□: 10.65 km/h

□□□□□/□□□: 178 (of 532)

□□□□□/□: 171 (of 452)

□□□□□□: 1:36:15

□□□□□: 32(of 78)

□□□□□□□: 2:00:23

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:17    | 10.83      | 22      | 3:23    | 130     | 6:31    | 3.30  | 18:17   | 10.83 | 22      | 3:23    | 130     | 6:31    |
| Schlüsie        | 3.10     | 19:33    | 9.51       | 29      | 3:14    | 152     | 6:38    | 6.40  | 37:50   | 10.15 | 25      | 6:37    | 141     | 13:09   |
| Hermannsklippe  | 2.60     | 17:26    | 8.95       | 33      | 3:13    | 176     | 6:11    | 9.00  | 55:16   | 9.77  | 28      | 9:46    | 151     | 19:20   |
| Brocken         | 3.10     | 29:24    | 6.33       | 42      | 7:16    | 227     | 12:12   | 12.10 | 1:24:40 | 8.57  | 33      | 17:02   | 181     | 31:32   |
| Eiserner Handwe | 3.60     | 16:43    | 12.92      | 20      | 2:28    | 116     | 5:06    | 15.70 | 1:41:23 | 9.29  | 31      | 19:17   | 164     | 36:38   |
| Schlüsie        | 4.10     | 16:30    | 14.91      | 26      | 2:59    | 150     | 5:04    | 19.80 | 1:57:53 | 10.08 | 30      | 21:44   | 163     | 41:42   |
| Loddenke        | 3.10     | 13:50    | 13.45      | 29      | 2:19    | 162     | 4:13    | 22.90 | 2:11:43 | 10.43 | 30      | 24:03   | 162     | 45:55   |
| Ilseburg/Markt  | 3.30     | 15:57    | 12.41      | 39      | 3:14    | 216     | 5:30    | 26.20 | 2:27:40 | 10.65 | 32      | 27:17   | 171     | 51:25   |