



45. Brockenlauf

Ilseburg / 05.09.2015

□□□□

Haase, Marco

□□: Hannover
 □□: 134

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:31:25

□□: 10.38 km/h

□□□□□/□□□: 215 (of 532)

□□□□□/□: 203 (of 452)

□□□□□□: 1:36:15

□□□□□: 35(of 59)

□□□□□□□: 1:45:31

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ km/h | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|-----------|-------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:16 | 9.77 | 41 | 7:10 | 294 | 8:30 | 3.30 | 20:16 | 9.77 | 41 | 7:10 | 294 | 8:30 |
| Schlüsie | 3.10 | 20:30 | 9.07 | 38 | 6:07 | 233 | 7:35 | 6.40 | 40:46 | 9.42 | 41 | 13:05 | 265 | 16:05 |
| Hermannsklippe | 2.60 | 18:20 | 8.51 | 37 | 5:50 | 246 | 7:05 | 9.00 | 59:06 | 9.14 | 40 | 18:42 | 258 | 23:10 |
| Brocken | 3.10 | 28:45 | 6.47 | 31 | 8:55 | 200 | 11:33 | 12.10 | 1:27:51 | 8.26 | 36 | 27:37 | 235 | 34:43 |
| Eiserner Handwe | 3.60 | 18:03 | 11.97 | 36 | 5:48 | 198 | 6:26 | 15.70 | 1:45:54 | 8.90 | 36 | 33:25 | 230 | 41:09 |
| Schlüsie | 4.10 | 17:07 | 14.37 | 33 | 5:13 | 177 | 5:41 | 19.80 | 2:03:01 | 9.66 | 36 | 38:38 | 222 | 46:50 |
| Loddenke | 3.10 | 13:40 | 13.61 | 31 | 3:32 | 154 | 4:03 | 22.90 | 2:16:41 | 10.05 | 36 | 42:10 | 217 | 50:53 |
| Ilseburg/Markt | 3.30 | 14:44 | 13.44 | 23 | 3:44 | 124 | 4:17 | 26.20 | 2:31:25 | 10.38 | 35 | 45:54 | 203 | 55:10 |