



45. Brockenlauf

Ilseburg / 05.09.2015

□□□□

Lux, Eike Christian

□□: Berlin

□□: 212

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:31:27

□□: 10.30 km/h

□□□□□/□□□: 216 (of 532)

□□□□□/□: 204 (of 452)

□□□□□□: 1:36:15

□□□□□: 23(of 39)

□□□□□□□: 1:51:38

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:38 | 10.21 | 9 | 3:55 | 98 | 5:52 | 3.30 | 17:38 | 10.21 | 9 | 3:55 | 98 | 5:52 |
| Schlüsie | 3.10 | 20:00 | 9.00 | 21 | 4:44 | 191 | 7:05 | 6.40 | 37:38 | 9.57 | 14 | 8:36 | 129 | 12:57 |
| Hermannsklippe | 2.60 | 17:30 | 6.86 | 20 | 4:24 | 180 | 6:15 | 9.00 | 55:08 | 9.79 | 17 | 13:00 | 143 | 19:12 |
| Brocken | 3.10 | 31:33 | 5.71 | 37 | 11:25 | 318 | 14:21 | 12.10 | 1:26:41 | 8.31 | 23 | 24:16 | 214 | 33:33 |
| Eiserner Handwe | 3.60 | 18:29 | 9.74 | 26 | 5:37 | 226 | 6:52 | 15.70 | 1:45:10 | 8.56 | 24 | 29:53 | 219 | 40:25 |
| Schlüsie | 4.10 | 16:54 | 14.20 | 17 | 3:57 | 164 | 5:28 | 19.80 | 2:02:04 | 9.34 | 23 | 33:50 | 210 | 45:53 |
| Loddenke | 3.10 | 13:41 | 13.15 | 15 | 2:34 | 156 | 4:04 | 22.90 | 2:15:45 | 9.72 | 22 | 36:24 | 204 | 49:57 |
| Ilseburg/Markt | 3.30 | 15:42 | 11.46 | 20 | 3:25 | 204 | 5:15 | 26.20 | 2:31:27 | 10.30 | 23 | 39:49 | 204 | 55:12 |