



45. Brockenlauf

Ilseburg / 05.09.2015

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Hirschelmann, Jens

□□: Merseburg

□□: 343

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:31:30

□□: 10.38 km/h

□□□□□/□□□: 217 (of 532)

□□□□□/□: 205 (of 452)

□□□□□□: 1:36:15

□□□□□: 37(of 91)

□□□□□□□: 1:55:12

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:46 | 10.55 | 35 | 4:39 | 180 | 7:00 | 3.30 | 18:46 | 10.55 | 35 | 4:39 | 180 | 7:00 |
| Schlüsie | 3.10 | 20:28 | 9.09 | 46 | 4:42 | 230 | 7:33 | 6.40 | 39:14 | 9.79 | 38 | 9:21 | 199 | 14:33 |
| Hermannsklippe | 2.60 | 18:26 | 8.46 | 52 | 4:35 | 256 | 7:11 | 9.00 | 57:40 | 9.36 | 42 | 13:56 | 217 | 21:44 |
| Brocken | 3.10 | 29:34 | 6.29 | 48 | 8:43 | 235 | 12:22 | 12.10 | 1:27:14 | 8.32 | 46 | 22:36 | 225 | 34:06 |
| Eiserner Handwe | 3.60 | 17:35 | 12.28 | 32 | 4:06 | 175 | 5:58 | 15.70 | 1:44:49 | 8.99 | 42 | 26:42 | 212 | 40:04 |
| Schlüsie | 4.10 | 16:40 | 14.76 | 27 | 3:33 | 158 | 5:14 | 19.80 | 2:01:29 | 9.78 | 36 | 29:43 | 202 | 45:18 |
| Loddenke | 3.10 | 13:51 | 13.43 | 29 | 3:17 | 164 | 4:14 | 22.90 | 2:15:20 | 10.15 | 35 | 32:23 | 202 | 49:32 |
| Ilseburg/Markt | 3.30 | 16:10 | 12.25 | 44 | 4:13 | 233 | 5:43 | 26.20 | 2:31:30 | 10.38 | 37 | 36:18 | 205 | 55:15 |